



THE PERFECT NANNY — BUT A SLIGHTLY DIFFERENT PERFECT

THE STAR OF NEPTUNE THEATRE'S NEW PRODUCTION OF MARY POPPINS SAYS MIMICKING THE GREATS IS A MISTAKE **PAGE 5**

No one is anonymous ... not anymore

Meet the hackers that want to protect privacy **PAGES 12 & 13**

City council unanimously OKs budget

Mayor calls plan prudent, sensible and realistic **PAGE 4**



Surgeries cancelled as nurses protest

Essential services bill. 100-plus nurses don't show up for work in 'illegal strike' action



HALEY RYAN

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A full slate of Halifax nurses with the Nova Scotia General Employees Union (NSGEU) are expected back at work Wednesday after nearly 90 surgeries were cancelled when many of them didn't show up on Tuesday.

About 30 per cent of nurses in the Local 97 working for the Capital Health District Authority skipped their shifts to protest essential services legislation tabled by the Liberal government late Monday.

Union president Joan Jessome told the law amendments committee Tuesday that the bill takes away their right to strike.

"You have taken away the right for workers to advocate on behalf of what they believe in," Jessome said. "Without our right to strike, we have no way to raise an issue of public safety."

The 2,400 NSGEU nurses can legally go on strike Thursday.

The legislation would require nurses, paramedics and other health workers to have essential service agreements in place before a strike.

Chris Power, president and CEO of Capital Health, said 70 surgeries were cancelled on top of the 19 already postponed in light of a possible strike Thursday.

"This strike ... undermines the shared responsibility of our care providers and Capital Health to offer safe and high-quality services to Nova Scotians," she said.

Capital Health confirmed 140 nurses from Local 97 working at sites including the QEII Health Sciences Centre, Nova Scotia Hospital and East Coast Forensic Hospital did



Capital Health CEO Chris Power
KAYLYNN PAYNTER/FOR METRO

Focus

"This legislation has done nothing to address the issues ... around patient safety."

NSGEU President Joan Jessome

not show up Tuesday.

Power said Capital Health will consult their human-resources department to determine what, if any, consequences should be handed out to the no-shows.

Emergency rooms functioned normally, according to Capital Health, but the inpatient addictions unit was closed and some patients were transferred to other health districts.

Around 3:30 p.m., the province's Labour Board issued a cease-and-desist notice against the Local 97 nurses, ordering them back to work, and the NSGEU asked their members to show up for their next shift.

The union said off-duty nurses will continue picketing the legislature to protest the bill, and a legal strike is planned for Thursday.

PUBLIC WEIGHS IN, PAGE 3



Members of the NSGEU protested for hours in front of the Nova Scotia legislature on Tuesday.
MITCH WARD/FOR METRO

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Nurses vs. essential services bill

"Nobody cares ... or I wouldn't be sitting here right now trying to defend myself and the nurses for the work we do."

Trish MacDonald, registered nurse

"Because of the high nurse ratios currently on the floors and how overworked the nurses are ... and how tight and busting at the seams that organization is, patients are coming to me because things have been missed, and sometimes they come and they die."

Robert Chisholm, registered nurse

"Why I'm sitting here today is absolutely appalling.... This is a misuse of power."

Karen Ferguson, psychiatric nurse

"They cannot silence my voice in speaking for my patient."

Janice Nicholson, registered nurse

"When you negotiate with a union there's always the chance they could go on strike.... We don't use it lightly, we don't use it often, but it's all we've got. That's the only power we have."

Janet Hazelton, Nova Scotia Nurses' Union president



Nova Scotia Nurses' Union members protest in support of the NSGEU nurses and against the introduction of the Essential Health and Community Services Act outside the legislature in Halifax on Tuesday. ANDREW VAUGHAN/THE CANADIAN PRESS

Public weighs in on nurse no-show

Strike. Patient care critical, but blame pointed to both sides

Carol Kowcon believes Halifax-area nurses made the right choice deciding not to show up for work on Tuesday morning.

"Good for them. Somebody's gotta be on the front lines," Kowcon said while walking past the Halifax Infirmary Tuesday afternoon. "I mean, how important are nurses? Come on, get sick and you'll find out."

The Nova Scotia Govern-

ment Employees Union (NSGEU) and its nurses are in a legal-strike position as of Thursday as contract talks continue to stall between them and Capital Health.

But the union says dozens of nurses didn't show up to work Tuesday after the province introduced essential services legislation on Monday night.

This didn't sit well with some residents in Halifax.

"I probably would have waited until Thursday," Randy Hamilton said of the illegal walkout. "Then it would've been a legal strike."

Social media was ablaze with comments from the pub-

Nurses

2,400

The number of nurses represented by the NSGEU

lic after news hit of the illegal strike.

Facebook user Karen Marie calls the nurse's decision to strike mind-boggling.

"Nurses are essential to the quality of care a patient receives," she wrote. "Why would they jeopardize the safety of patients if that's what they're fighting for in the first place?"


Kelinda Hogue Sloan had a slightly different stance. "Nursing staff are not heading to the picket line recklessly," she said in her comment. "There is no lack of foresight on their part. The system is overloaded and understaffed."

Others, like Murray Sherman, remained on the fence.

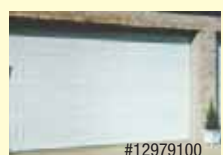


"I fully support our government's position that nurses are an essential service and should not be allowed to go on strike," Sherman's wrote. "I also fully support the nurses themselves as I've seen them in action and know the job they do is nothing short of super human."

KAYLYNN PAYNTER/FOR METRO


1 NEWS



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Gimmie a C-A-S-H. Council spending big to keep cheerleading event

Despite some reluctance, regional councillors have awarded a one-time grant of \$33,000 to the 2015 Cheer Expo in order to keep the event in Halifax.

The organizer of the annual national championship asked for assistance after receiving an unsolicited offer from Saint John, N.B., to host the event at a discounted rate that would reduce her costs by \$33,000.

Laura Mar said she wanted to keep the event in Halifax, but couldn't find any funding or grants opportunities to similarly reduce her costs.

The Special Events Advisory Committee, noting the event occurs during the tourism off-season, recommended providing the money out of the city's Marketing Levy Special Events Reserve (MLSER) — but the recommendation didn't go over well with most councillors.

"Is this going to be an annual request? Will they be going around looking for the best deal in other municipalities?" asked Deputy Mayor Darren Fisher.

Other councillors raised

Gooooo Halifax!

3,000

Number of participants estimated at the 2015 Cheer Expo.

concerns about subsidizing a for-profit organization, and the lack of documentation around the event and its attendance estimates.

Coun. Wayne Mason also pointed out the event received just 51 out of 100 points on the MLSER scoring sheet.

"That's well below the threshold of a lot of the other events that we fund, so I have concerns about that," he said.

Coun. Barry Dalrymple, who sits on the advisory committee, said the recommendation was unanimous.

"Were we willing to lose this kind of economic spinoff over ... a few thousand dollars?" he said. "There is no question in my mind ... this is a far greater economic spinoff than the \$33,000 ..."

The motion passed 14-2.

RUTH DAVENPORT/METRO

Indecent acts. Pair on plane plead not guilty

A man and a woman from Nova Scotia are pleading not guilty to committing indecent acts on board an Air Canada flight to Halifax from Toronto.

Court records say Jason George Chase, 39, and Alicia Elizabeth Lander, 25, are alleged to have participated in an indecent act in a public place on Jan. 24.

Lander is also pleading not guilty to charges of assaulting a police officer and committing an act of mischief at the Halifax Stanfield International Airport.

Chase and Lander weren't

Court date

The pair's trial has been set for Jan. 21.

in Dartmouth provincial court Tuesday for the plea, but their defence lawyers entered the not-guilty pleas on their behalf.

Defence lawyer Lyle Howe, who represents Lander, said outside court that he and his client decided to plead not guilty after receiving disclosure from the Crown.

THE CANADIAN PRESS

2015. Nova Scotia Power not expected to raise rates

Nova Scotia Power doesn't plan to file an application for higher electricity rates in 2015.

The company says it also isn't looking for more from its customers to cover a fuel rate increase.

The utility was granted a three per cent rate increase in 2013, and another three per cent increase at the beginning of this year.

It has said the rate increases would add about \$3.50 per month to the average household power bill in each year.

President Bob Hanf says a two-year plan to stabilize rates passed by the Nova Scotia Utility and Review Board has led the company to reduce its operating costs.

The utility is owned by Emera Inc. THE CANADIAN PRESS



Halifax Mayor Mike Savage says he's pleased with the budget that council has passed. JEFF HARPER/METRO

Council approves 'prudent' budget

Unanimous. 2014-15 plan applauded for sustainable investments, no tax increases

RUTH DAVENPORT
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Halifax regional councillors have unanimously approved the 2014-15 municipal budget, applauding it as a "prudent" plan that freezes tax bills for most residents while making some other worthwhile investments.

"It's not just about the taxes being held and lowered, it's about all the great things being done inside that envelope," said

Coun. Wayne Mason.

The \$845-million budget lowers residential tax rates by 1.5 per cent and commercial tax rates by 3.8 per cent.

It includes \$8.8 million for new transit technology, \$300,000 for arts and culture funding and a \$140,000 increase to improve accessibility at HRM facilities.

The municipal debt has fallen to \$261 million, and the cost of servicing that debt is down to 6.6 per cent of the total budget.

"What I want in a budget is prudent management, investment in those things that make sense for our community, and the recognition that we don't have unlimited funds," said Mayor Mike Savage. "I see all those things in this budget."

Among the pressures on,

Chipping away

"This is a good budget... We are continuing to pay down our debt. I'd like to think we're investing sensibly ..." Mayor Mike Savage

and "shocks" to, the budget are salaries, pension payments and declining revenues from the deed transfer tax and building permits.

CAO Richard Butts also offered a cautionary note that the rosy financial picture may change depending on HRM's approach to upcoming challenges related to growth.

"There are challenges ... to provide facilities that people are looking for, new arenas,

new recreation facilities, new road infrastructure," he said after the meeting. "We have some strategies to get there. We'll need additional ones."

Among the other budget-related recommendations is the creation of a new Downtown Reserve fund using the \$1-million surplus that Metro Park will generate now that its debt has been paid off.

City staff are also working on a new recreation area rate policy, after a review uncovered "major inconsistencies" in the way the facilities are funded.

In a related debate, council approved a new pilot project for discounted bus passes offered to low-income users, after they amended the project to include the Metro X and Metro Link services.

Public hearing to be held on Nova Centre



The Nova Centre CONTRIBUTED

Halifax residents will get a chance to weigh in on a proposal to close part of Grafton Street in order to accommodate the new design of the convention centre.

A staff report states that after provincewide public consultation, the design of the Nova Centre changed in ways that will require amendments to downtown planning regula-

tions.

Most of the building now extends above Grafton Street, rather than under it, and there's been a "significant enlargement" of the building's two towers.

The developer is proposing closing Grafton Street between Prince and Sackville to make it into a passageway into the building's underground park-

ing lot.

Coun. Jennifer Watts pointed out that HRM policies specifically prohibit the closure of streets to allow the consolidation of blocks for development in the downtown core.

"I will support this going to public hearing because it will offer the opportunity for people to comment ..." she said. RUTH DAVENPORT/METRO

Mary Poppins star on landing role: Supercalifragilisticexpialidocious!

Neptune Theatre.

Classic to be performed as a musical

MELISSA
HEALD

halifax@metronews.ca

Taking on a role made famous by musical great Julie Andrews is no easy task.

But Heather McGuigan says she's up to the challenge.

Starring as the title character in Neptune Theatre's upcoming production of Mary Poppins, McGuigan says it's tricky stepping into a role so well-known for another actress.

"You never want to mimic," McGuigan said after performing the iconic song Supercalifragilisticexpialidocious with the cast Tuesday afternoon during a media preview. "But she also brought so much to it."

Playing Mary Poppins is an absolute dream for the Ontario actress, who spoke afterwards in a blue jacket, blue skirt costume made famous by the 1964 Disney film that she calls one of her favourites.

"It was Mary Poppins and Star Wars," she laughed.

As a kid, McGuigan also read the books, passed down through her family from her great-great grandmother.

"It's all in the text, if you just go to the words," said



Stage actors Kyle Blair and Heather McGuigan portray Bert and Mary Poppins in the Neptune Theatre production of Mary Poppins. MITCH WARD/FOR METRO

a bubbly McGuigan, calling Mary a complicated character. "She's written right there for you."

Premiering in London in September 2004 and later appearing on Broadway in 2006, the stage version of Mary Poppins is adapted from both the Travers novels and the Disney film.

But play director George Pothitos assures the musical is its own creation.

"There are bits that are exactly like the film and there

are bits that are not in the film," said Pothitos, who is also the artistic director for the theatre.

The challenge, added Pothitos, wasn't with the material itself, or what came before, but the technical aspects of the show.

"In A Spoonful of Sugar the kitchen falls apart and Mary has to put it back together

again," he said. "The rest was just interpreting what was on the page and doing it the Neptune way."

Pothitos saw the show on Broadway and was blown away by it. He's hoping for a similar response from the audience here in Halifax.

"People may come in expecting one thing and see something else, but I think the

end result will be a wonderful experience," he said.

Opening night

Neptune Theatre's production of Mary Poppins opens Friday and runs until May 25. Tickets start at \$25.

Quoted

"It's a great story about a family that has lost its way and putting it back together."

George Pothitos, director of Mary Poppins

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Ozzy still rockin' after all these years

Interview. Changing times have left Osbourne a bit befuddled, but he and his Black Sabbath bandmates are going strong with a show slated for Metro Centre

After more than 40 years in the business, there is not a day goes by that Ozzy Osbourne doesn't feel blessed.

With 19 studio albums, worldwide tours and countless fans that span the generations, Osbourne is truly "an extremely lucky and fortunate person."

"I don't think 'Oh, I have to go on tour again' or complain — it's a gift," he said in an interview.

Bringing Black Sabbath to the Halifax Metro Centre on Thursday night for a history lesson in heavy metal that only the original Iron Man can teach, Osbourne is continually thankful for his position atop the music world.

However, to say times have



From left, musicians Tony Iommi, Ozzy Osbourne and Geezer Butler of Black Sabbath are pictured at the Grammy Awards. FRAZER HARRISON/GETTY IMAGES FILE

changed, Osbourne says, is an understatement. Though speaking with the godfather of heavy metal about the multiple, technology-driven changes of the guard from the late 1960s to the present feels like having an argument with the world's coolest dad, it certainly makes a music junkie think of

what it was really like creating an album back in the day.

"The world seems to be completely digital and everyone wants everything done yesterday," said the 65-year-old rocker. "I never thought I'd see the demise of records in my lifetime — and to be honest with you, I barely know how to

work a computer."

This techno-phobe continues the fight in fathom-ing the normalcy of the once joked-about "Star Trek gadgets that are actually reasonable now."

Nothing drives the message of the changing times harder than an almost 20-year gap be-

tween studio albums. Working primarily from his home studio surrounded by the technology he dreads, it's a constant battle between the appreciation of realizing what can be done from one's basement versus what these technical shortcuts may be doing to the craft.

"When I meet with a guitar

player and I just ask them to jam, they look at me and ask, 'Jam, what's that?'" he said. "People don't know how to function in this business like they used to. It's a different world completely now than what it used to be."

Even with all the new-age aches and pains, Sabbath stepped back into the spotlight with their latest, 13. Its success on the charts — the group's first No. 1 album — surprised not only patient fans, but the group as well.

"With the success of 13, I don't know what to do," Osbourne said. "We're all in awe."

JENNA CONTER/FOR METRO

Show details

- **What:** Black Sabbath
- **When:** Thursday, 8 p.m.
- **Where:** Halifax Metro Centre
- **Tickets:** \$141 and \$101. Available through Ticket Atlantic.

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Photo Credit: Rebecca Clarke



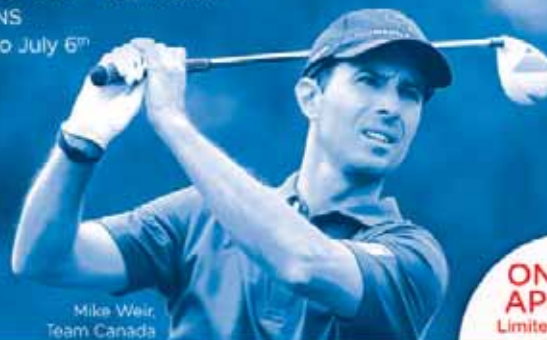
Joel Plaskett

Photo Credit: Sean Dooley



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RCMP issue apology after insensitive voice mail

Domestic assault complaint.

Officer's behaviour unacceptable, commander says

The commander of the RCMP in Nova Scotia has issued an apology to a Parrsboro-area woman after a report that a Mountie left a voice mail message on her phone making light of her domestic assault complaint.

RCMP Chief Supt. Brian Brennan said Tuesday the comments were unprofessional and unacceptable.

"The RCMP has zero tolerance for this type of behaviour," Brennan said. "As the commanding officer, I was extremely disappointed."

Brennan said when he heard the comments, his thoughts immediately

'Bad apples'

Community Services Minister Joanne Bernard, who is also the minister responsible for the Status of Women Act, said the incident appeared to involve "a couple of bad apples."

turned to victims of domestic violence.

"The comments on this recording in no way reflect the core values of the RCMP," he said. "It's not how I want our members to be talking in terms of victims and domestic violence."

CBC Nova Scotia posted on its website what it said was a message left on the woman's voice mail. In it, a man is heard saying, "So did she deserve to get hit?" before laughing.

THE CANADIAN PRESS

Bridgetown

Premier's hometown moves to dissolve municipal status

The hometown of Premier Stephen McNeil is moving to dissolve its municipal status amid financial pressures.

Town council in Bridgetown passed a motion Monday to file an application for dissolution to the Nova

Scotia Utility and Review Board.

The decision was made as council held public sessions on the town's budget and comes weeks after Springhill decided to dissolve itself as a town for similar reasons.

Bridgetown Mayor Horace Hurlburt says the move is necessary to ensure the community's viability.

The town hopes to have a new governance structure in place by April 1, 2015.

THE CANADIAN PRESS

Posted online

New website offers transparency on public funds

The Nova Scotia government has begun posting details online of public funds offered to companies to spur economic growth.

The information is available through the Department of Economic and Rural Development's website.

The information goes back to Sept. 5, 2013, and includes the maximum amount of money authorized, as well as criteria the business must meet to be eligible for the funds.

The government says it will report publicly on investments made through the Nova Scotia Jobs Fund, which is administered by the department, as well as two funds administered by Nova Scotia Business Inc.

THE CANADIAN PRESS

YOUR CARE during a STRIKE

A labour dispute with NSGEU has significantly affected the delivery of health care services at Capital Health.

Areas affected include:

- QEII Health Sciences Centre sites (Halifax Infirmary, Victoria General, Nova Scotia Rehabilitation Centre)
- Nova Scotia Hospital site
- East Coast Forensic Hospital
- Public Health Services
- Health districts across Nova Scotia
- Care for patients from other Atlantic provinces

Providing safe, high-quality care for patients is our priority at Capital Health. Our commitment, as always, is to deliver the safest care we can under these conditions.

Here's what you need to know:

- If your appointment or surgery needs to be postponed, you will be contacted and arrangements will be made to reschedule.
- Our emergency rooms are open; dialysis and intensive care units, and the Nova Scotia Cancer Centre, are fully staffed by NSGEU registered nurses.

If you need medical care:

- For general health care advice from a registered nurse, dial 811.
- For routine care and treatment of urgent, non-life threatening health conditions, call your family doctor.
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Capital Health



/CapitalHealth



@Capital_Health



You've got to be kidding me

Haligonians no doubt wished this was an April Fools' Day joke as periods of freezing rain and snow hit the region on Tuesday. More unsettled weather is in the forecast for Wednesday. MITCH WARD/FOR METRO

NATO to reinforce eastern defences, cut Russia links

Foreign ministers meeting. All on board to end civilian and military co-operation with Moscow

NATO foreign ministers moved Tuesday to beef up the defences of front-line alliance members feeling menaced by a more assertive Russia, with Secretary of State John Kerry proclaiming the U.S. commitment to their security is "unwavering."

The ministers from NATO's 28 member nations also ordered suspension of all "practical civilian and military co-operation" with Vladimir Putin's Russia, though they made sure a line of communication with the Kremlin remains open at the ambassadorial level.

The North Atlantic Treaty Organization, a keystone of U.S. and European security since the

end of the Second World War, is facing its most acute geopolitical crisis in years: the fallout from Moscow's annexation of Ukraine's Crimean Peninsula, which the Obama administration and its allies condemn as a brazen, illegal land grab.

On Tuesday, an estimated 35,000 to 40,000 Russian troops equipped with tanks and aircraft remained near the Ukraine, a NATO official said.

The military official described the Russian buildup as "a complete combat force" highly threatening to Ukraine.

To reassure NATO's skittish eastern allies, Kerry told a news conference, the U.S. has already sent six F-15 fighters to perform air patrols over the Baltic, deployed a dozen F-16s to Poland and dispatched the USS Truxtun, a guided-missile destroyer, to the Black Sea.

"And more U.S. support is on the way," Kerry said.

THE ASSOCIATED PRESS



Ukraine's Foreign Minister Andrii Deshchychitsya speaks with NATO Secretary General Anders Fogh Rasmussen during a meeting of the NATO-Ukraine Commission in Brussels on Tuesday. OLIVIER HOSLET/THE ASSOCIATED PRESS

Canadian reaction

It's a first step: Baird

NATO's decision to end civilian and military co-operation with Russia on Tuesday is just one step in a long journey to end the Ukraine crisis, says Foreign Affairs Minister John Baird.

"This is exactly what Canada did weeks ago. It's not going to be business as usual so we're suspending all civilian and military co-operation with the Russian Federation," Baird said.

Asked whether NATO has been too slow to respond, Baird said: "It's the first minister's meeting we've had since the crisis came about."

Baird said NATO will consider options to counter Russia's unilateral annexation of Ukraine's Crimean Peninsula. The minister said capacity building, tactical support and beefing up assets are among them.

"We think a strong response is necessary," he said. THE CANADIAN PRESS

Struck in the neck

The Penn. chainsaw non-massacre

A tree trimmer is recovering after he was rushed to a hospital with a chainsaw blade embedded in his neck.

James Valentine was in a tree on Monday afternoon

when he was struck in the neck by the saw. Another worker helped him down, and his co-workers left the saw in place to try to limit the bleeding.

After emergency surgery, doctors say the saw missed major arteries and, instead, cut into muscle. A hospital-released X-ray Tuesday shows the saw still in the 21-year-old's neck. THE ASSOCIATED PRESS

Greece

Guards charged with torturing man to death

Eight Greek prison guards were charged Tuesday with torturing to death an Albanian convict accused of fatally stabbing a guard in another jail after being refused

temporary release to visit his critically ill mother.

Prosecutor Nikos Antonarakis, in the central town of Amfissa, issued arrest warrants for the guards, who work in the Nigrita prison where Ilie Kareli, 42, was found fatally injured in his cell last week after a beating.

They face a maximum life sentence in prison.

THE ASSOCIATED PRESS

Germany

Deportee forces flight turnaround

Police say a Lufthansa plane was diverted after a passenger being deported from Germany threatened the crew with a broken razor blade.

Police said the 28-year-old man from Kosovo became unruly shortly after takeoff.

The man was being deported to Hungary, where he had applied for asylum before entering Germany illegally.

He said the pilot turned the plane back to Munich airport where the other 76 passengers disembarked as police arrested the man without incident.

A flight attendant was slightly injured.

THE ASSOCIATED PRESS

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Obama celebrates health-care law's 7M sign-ups milestone

After facing a rocky start and chorus of naysayers who declared his health-care law a failure, President Barack Obama on Tuesday celebrated a better-than-expected 7.1 million sign-ups for health coverage that he said should end the debate over the law possibly being repealed.

"The Affordable Care Act is here to stay," Obama declared in a feisty Rose Garden speech the day after the deadline for Americans to enrol.

Obama announced the 7 million threshold that once was seen as unattainable, even as the number still could climb. People who started applying but couldn't finish before the Monday midnight deadline can have extra time, as do potential enrollees with special circumstances.

Administration officials said



U.S. President Barack Obama, with Vice-President Joe Biden, speaks at the White House, Tuesday. CAROLYN KASTER/THE ASSOCIATED PRESS

they were still compiling data that will be important in determining the ultimate success of the six-month enrolment period, such as how many enrollees were previously uninsured and whether enough younger, healthy people signed up to off-

set the costs of covering older, sicker consumers.

But Obama said after the initial computer problems that plagued the online insurance exchanges where people signed up, the law was working as he had hoped. THE ASSOCIATED PRESS



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Your cellphone is not killing you, panel says

Inconsistent studies.

But panel recommends more research to see if there's a link between radio wave emission and cases of cancer

Federal guidelines that spell out safe exposure levels of radiofrequency energy emitted by cellphones and other wireless devices appear to be mostly adequate, but research to clarify the potential risk of cancer should be aggressively pursued, an expert panel recommends.

The Royal Society of Canada panel issued its report Tuesday on Health Canada's

Reaction to report

Canadians for Safe Technology, a non-profit group whose stated goal is to educate Canadians and policy makers about the dangers of exposure to unsafe levels of wireless radiation, reacted angrily to the report.

- The group accused the panel of siding with the wireless industry and ignoring scientific data warning of health risks.

Safety Code 6, which sets out limits on exposure to radiofrequency fields aimed at protecting the health of workers and the general public.

The panel was asked to recommend changes to the code following a review of the latest research on adverse health effects linked to radio waves from mobile phones, Wi-Fi equipment, cellular phone towers and TV/radio broadcast antennas.

"The conclusion of the panel was that the Safety Code 6 limits are science-based and are designed to avoid all known hazards of radiofrequency radiation," said panel chair Paul Demers, director of the Occupational Cancer Research Centre in Toronto. "And we do not believe at this time that additional precautionary measures should be introduced directly into the exposure levels or limits." **THE CANADIAN PRESS**



Cancer society kicks off Daffodil campaign

Seven-year-old cancer patient Michael Meehan adjusts Gov. Gen. David Johnston's tie during a ceremony in the greenhouses of Rideau Hall marking the beginning of the Canadian Cancer Society's Daffodil campaign, Tuesday, in Ottawa. **ADRIAN WYLD/THE CANADIAN PRESS**



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IN SUPPORT OF BRYONY HOUSE



Quebec. Marois questions timing of fundraising allegations against hubby

Pauline Marois says allegations her husband solicited \$25,000 to fund her Parti Québécois leadership bid smack of revenge and fear.

Marois was reacting again Tuesday to a Radio-Canada report that Claude Blanchet asked an engineering executive for the money in 2007.

"Why did he (the man) do this now if he knew this situation in the past?" Marois said in Drummondville. "Why did he decide to denounce this situation now? Because we are in an election and he doesn't want the return of a Parti Québécois government."

The engineering executive made the allegations in a sworn affidavit but, at his request, Radio-Canada did not release his name.

In the affidavit, the man says he gave Blanchet \$25,000 in the form of various cheques up to \$3,000, which at the time was the maximum individual contribution in the PQ leadership race. The affidavit states the man's company gave him the cheques and that he in turn handed them over in an envelope to Blanchet because he "wanted to have special access to Madame Marois."



PQ leader Pauline Marois.
PAUL CHIASSON/THE CANADIAN PRESS

Marois insisted she, her husband and the PQ have always respected the law on the party financing. Blanchet also denied that he solicited the \$25,000.

Radio-Canada also said another engineering executive was asked for money by Blanchet ahead of the 2008 provincial election. The man said he gave Blanchet cheques totaling \$5,000 from employees of his firm.

Testimony at the Charbonneau Commission looking into corruption has indicated that engineering firms have been generous contributors to political parties.

THE CANADIAN PRESS

Weapons smuggling bid

Man sentenced to jail for 3 years

An Edmonton man has been sentenced to three years in prison for trying to smuggle a large amount of firearms into Canada.

Kevin Lorne Swanson was arrested in August 2011 when border officers found 16 firearms, 10 prohibited magazine clips and one silencer concealed in crates on a flat-deck trailer at the border in Carway, Alta.

THE CANADIAN PRESS

Tundra buggy permits

Manitoba looking to ease curbs

Manitoba is deciding whether to lift restrictions on eco-tourism as it prepares to designate a new polar bear provincial park on Hudson Bay.

The province is hiring a consultant to review the number of off-road tundra vehicles used to carry tourists around polar bear country near Churchill and to recommend how many should be allowed to operate in the new park. **THE CANADIAN PRESS**

Pain or prison: Medical pot users say government is making them choose

'It's unconscionable.'

Dozens convene on Parliament Hill to protest being 'forced' to choose between 'basic health' and 'liberty'

The Conservative government is forcing users of medical marijuana to choose between treating their symptoms or holding on to their freedoms, a gathering of pot-smoking protesters complained Tuesday.

Several dozen demonstrators, some of them puffing on joints and vaporizers, gathered on Parliament Hill to protest the government's new medical-marijuana regulations on the very day they went into effect.

Among other things, the new rules require marijuana users to get their supply of the drug from commercial growers and prohibits them from growing their own, or growing it on behalf of other



Cannabis activists hold a rally on Parliament Hill in Ottawa on Tuesday to protest the government's new medical marijuana regulations. SEAN KILPATRICK/THE CANADIAN PRESS

licensed users.

The regulations also impose limits on the amount of cannabis that licensed users can have in their possession.

Lawyer John Conroy won a Federal Court injunction last month that allows users to

continue growing their own pot until a wider constitutional challenge of the regulations is heard — a ruling Health Canada says it plans to appeal.

But the courts have already determined that medically approved patients can

use marijuana to relieve pain symptoms, said Conroy.

And as the case winds its way through the courts, proponents of the medicinal value of cannabis products are speaking out against the regulations.

Quoted

"What Health Canada have done is forced patients to worry about our basic health maintenance versus our liberty."

Debbie Stultz Giffin, MS sufferer and medical-pot user

"What Health Canada have done is forced patients to worry about our basic health maintenance versus our liberty," said Debbie Stultz Giffin, a medical-marijuana user diagnosed with multiple sclerosis.

"It's unconscionable."

Alison Myrden, who also lives with the debilitating effects of multiple sclerosis, said she relies on medical pot every single day. The new regulations would mean a substantial increase in the cost of the drug, and potentially create supply problems as well, she said.

Ottawa is trying to take away the "God-given right" to

grow cannabis to relieve pain symptoms, Myrden said.

The number of people authorized to possess — and frequently grow — marijuana under the old federal program climbed to 37,000 this year from fewer than 100 in 2001.

Several patients permitted to cultivate their own pot, or serve as a designated grower for someone else, say the planned new system denies ill Canadians a safe, affordable supply of medical marijuana.

Some say they can grow at home for pennies a gram, while official suppliers licensed by Health Canada charge anywhere from a discounted price of \$3 a gram to as much as \$13.50.

"It would cost me \$60,000 (annually) to purchase cannabis through one of the licensed producers," said Stultz Giffin, a founder of a group of pot activists known as Maritimers Unite for Medical Marijuana.

"And I live on under \$30,000 a year."

THE CANADIAN PRESS

'Spring' weather makes April fools out of St. John's residents

There was no spring weather for St. John's, N.L., which came to a stop Tuesday morning as an early-spring snowstorm dropped more than 30 centimetres of snow on the area overnight, with a possibility of another 20 centimetres before it moves out.

PAUL DALY/THE CANADIAN PRESS



Chile. Huge earthquake hits off coast

A powerful magnitude-8.2 earthquake struck off northern Chile on Tuesday night, setting off a small tsunami that forced evacuations along the country's entire Pacific coast. Officials reported two deaths and several serious injuries, but the area apparently escaped major damage as landslides blocked roads, power failed for thousands, an airport was damaged and several businesses caught fire.

In the city of Arica, 139 kilometres from the quake's epicentre, hospitals were treating minor injuries, and some homes made of adobe were destroyed.

The quake also shook buildings in Peru and in Bolivia.

Iquique Gov. Gonzalo Prieto said two people died after the quake hit at 8:46 p.m. and several others had serious injuries. The mayor of Tarapaca attributed the deaths to heart attacks.

THE ASSOCIATED PRESS

Best security software? Keep private life offline

Even the best programs will only do 20 per cent of the job, says ethical hacker Mike Sues. Your best defence against nefarious types on the web is keeping it low-pro in cyberspace

LUCY SCHOLEY
Metro in Ottawa

Give Mike Sues enough time and he could hack your computer to steal financial information, find out where you live and identify your family members on social media.

Luckily, Sues doesn't specialize in illegal hacking. He's an "ethical hacker," meaning companies and government agencies hire him to crack into their computer software security systems, expose their weaknesses, and fix them.


You might think Sues — the CEO and ethical hack specialist of Rigel Kent Security & Advisory Services Inc. — has an impenetrable security system on his home computer. But that's not the case. He says staving off hackers starts with keeping our private lives offline.

"That's the first thing we should be worried about because that information can be used by the attacker against you," he says.

Sues says the average home user has a "weak" password — usually the name of a spouse or child — that a hacker can easily guess by trolling photos of family members that are posted on social media sites.

These days, hacking is not necessarily the work of a lone dude in his parents' basement. Often, it's the method of organized crime groups using "botnet" malware to anonymously attack large swaths of computers. A small sum of money taken from one person's bank account can add up when it's thousands of people whose credit card numbers have been compromised.

Financial information can be gleaned from password guessing, but also from email phishing (see next page for an explanation of terms). While Sues said it might seem like a "no-brainer" to avoid clicking on suspicious links that land in



Hacking your world: Day 1 of 3

- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: When the government spies on you

your inbox, many people still fall for it.

What's more, if you publicly broadcast photos of your band practice or running club on social media, don't be surprised if you get an email with links to music events or deals on new jogging gear. That's a form of "social engineering," hacking called spear phishing — a custom-made and very specific phishing attack. One click of those links could let a hacker into any information saved on your hard drive, including passwords, contact lists, tax forms and other financial information.

"The compromise would take just a number of seconds — or even under a second," says Sues.

If you have a tablet or an iPhone and you synch it with your home computer, then photos, music and videos could also be stolen in the attack.

Sues says anti-virus software programs can help, but they are only about 20 per cent effective. And no security system will protect you 100 per cent.

"If an attacker really wants to get in and they have lots of time to do it, they'll get in."



In this film image, Rooney Mara is shown portraying hacker/private investigator and fugitive Lisbeth Salander in a scene from *The Girl With The Dragon Tattoo*. Much like Mara's character, hackers in real life are often misunderstood because of their technical skills, which can be used for good or ill. But don't think it's all like you see in the movies. Capturing a more realistic portrayal of hacking would probably make for lousy entertainment. Sometimes it's ridiculously easy, other times, not. While sometimes a hacker can crack a password after a few seconds of typing, that's often not the case. CONTRIBUTED

Stay safe out there

Tips to prevent hackers from stealing your information

- Have a decent email spam filter and don't click on links or attachments from people you don't trust.
- Avoid using weak passwords, including the names of family members. Many websites will force you to pick a stronger password that includes a mix of upper and lower case letters and numbers, but not always.
- Change your Facebook settings so that only friends can view your photos.
- Regularly check your banking and credit card statements. Small items that you can't remember buying may mean your accounts have been hacked.
- Do not save any passwords and financial information on your hard drive.

Origin story

The term "hacker" is often used to describe someone who breaks into a computer system and steals information illegally or for malicious purposes.

- But that's not the true meaning of the term. "Hacker" originated at the Massachusetts Institute of Technology's (MIT) Tech Model Railroad Club in the 1960s.
- It was initially used to describe someone who strives to fully understand the inner workings of a system — be it computer or otherwise.

Modern life's Catch-22

"We tend to live in a society where we're concerned about our privacy, but we so easily give it up by posting pictures in our status updates."

Computer security specialist Mike Sues

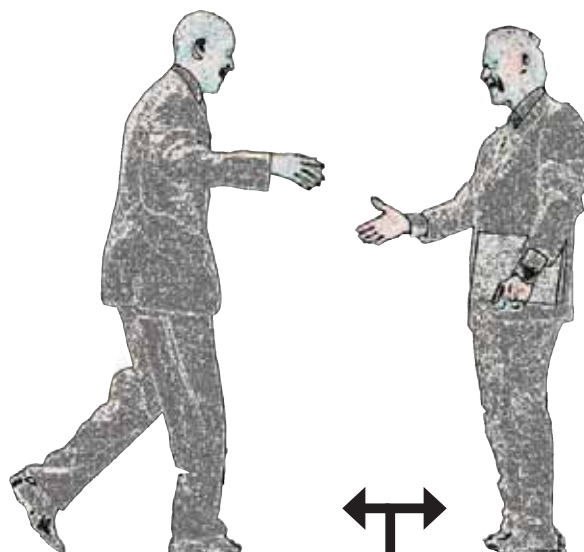


Phishing

"Hello, I represent the exiled Prince Ali of Utopia. I am authorized to release the sum of \$1M to anyone who can help him transfer his frozen assets ..."

- Phishing attacks usually involve emails or pop-ups that try to trick people into downloading viruses or giving up personal information. They may also direct people to URLs for websites infected with viruses.

• Spear Phishing is a more targeted form involving using personal info about the target to make the trick seem more trustworthy.



Man in the middle

Apple alerted users in February to a vulnerability in its software that allowed hackers to get in between Wi-Fi routers and users and monitor and intercept Wi-Fi signals.

- While Apple issued a patch for iPhones and iPads, there's no word yet on a fix for their computers.
- One safeguard users can employ is to use a Virtual Private Network (VPN) when using Wi-Fi



Don't make your password 'password'

Much like a home security system, a strong password can deter a hacker. But many people pick ones that are easy to break.

- Computer security researcher Mark Burnett says 9.8 per cent of people use either "password," "123456," or "12345678."
- 98 per cent of people use the top 10,000 passwords — the words hackers' computer programs will typically try first.



Social hacking

A hacker made off with \$100,000 worth of bitcoins in Ottawa recently just by telling a help desk he was the Bitcoin firm's CEO and he needed them to reboot a server.

- Social norms can be a powerful tool for hackers. Most people know they

should ask for ID, but they don't.

- Some might call it a con, but often social hacking has a tech component. For instance, a hacker might "return" a "lost and found" USB key with a virus, hoping it gets plugged in.



Zero-day attacks

As computer security flaws are found and patched, some users will stay up-to-date and others will not.

- A zero-day attack hits newly discovered flaws. They don't work after the flaw is patched ... except on computers that haven't been updated.

Government surveillance

In January, the CBC reported CSEC had been monitoring airport Wi-Fi, spying on Canadians.

- Several countries have accused each other of sponsoring hackers and even creating viruses and botnets.
- The NSA disclosed that it collects about 250 million Internet communications each year. Google says that from 2009-2013, government requests for information about its users rose 120 per cent to total 27,477 requests.



PHOTO ILLUSTRATIONS: SEAN MCKIBBON/METRO AND GETTY IMAGES

On hacking: 'It can be really, really boring'

What makes a hacker hack? Science.

"The little kid who is 12 in a basement breaking into computers wasn't really me," says Leigh Honeywell, 29, a Canadian computer security professional, who works at a major cloud provider in San Francisco.

Some say the dominant hacking motive is greed and voyeurism, but Honeywell says

curiosity motivates her and other ethical hackers.

"When you are doing hacking right, you are doing science, and whatever your educational background is, there's that element of curiosity and playfulness," she says.

She fell into it while studying biophysics when she went with a friend to a hacker conference.

"It was the coolest thing

ever," she says.

The idea that hooked her was that all software is broken and people in the field are trying to make it "less broken." It's impossible to get perfect, but Honeywell says there's a responsibility to make it better because people rely on it.

It's fascinating work, there's good money and high demand, but it's hard to get into, she says.

It's not all serious. She runs a "capture the flag team," that meets up with others at conferences and competes at hacking challenges to break into tournament computers and expose flaws.

But it's not always fun either. "One of the things people don't realize about hacking is it can be really, really boring," she says. It can often involve writing code and wait-

ing hours while the computer runs through the program.

More people should learn about hacking, she says.

"I've never heard a good argument for not teaching college kids about hacking," she adds. "These are the kids that are going to go on to build software. If they don't know what they are up against, that's how you get insecure software."

SEAN MCKIBBON/METRO IN OTTAWA



Ethical hacker Leigh Honeywell
VINCE TALOTTA/TORSTAR NEWS SERVICE

Market Minute



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GOLD
\$1,280 US (-\$3.80)

Starbucks finds

Americans love sliced cake loaves

Starbucks is learning that people really like their sliced cake loaves in the U.S.

The Seattle-based coffee company says it will start bringing back its cake slices in response to cus-

tomers feedback.

The company had been getting rid of the slices that came in banana, iced lemon and pumpkin flavours as part of a staggered rollout of its pricier new baked goods. In their place, Starbucks offered what looked like miniature loaves that cost \$2.45 US, an increase of 20 cents.

THE ASSOCIATED PRESS

Call for boycott

OkCupid not OK with Mozilla's anti-gay marriage CEO

An online dating service is encouraging its users to stop using the Firefox web browser because the new CEO of the company that makes it supported Califor-

nia's former gay marriage ban.

Mozilla, the non-profit maker of Firefox, infuriated many employees and users last week by choosing co-founder Brendan Eich to lead the Mountain View, Calif., company.

In 2008, Eich gave \$1,000 US to the campaign to pass California's Proposition 8.

THE ASSOCIATED PRESS

Cost to fix ignition just 57 cents: GM

Penny wise, pound foolish? It took General Motors a decade to recall faulty switch linked to 13 deaths

The piece needed to fix a defective ignition switch linked to 13 traffic deaths would have cost just 57 cents US, according to documents submitted by General Motors to U.S. lawmakers investigating why the company took 10 years to recall cars with the flaw.

At a hearing Tuesday, members of a House subcommittee demanded answers from new

GM CEO Mary Barra about why the automaker used the switch in small cars such as the Chevrolet Cobalt and Saturn Ion even though it knew the part didn't meet GM's own specifications.

Rep. Diana DeGette held up a switch for one of the cars and said a small spring inside it failed to provide enough force, causing car engines to turn off when they went over a bump.

DeGette showed how easy it was for a light set of keys to move the ignition out of the "run" position. That can cause the engine to stall and the driver to lose power steering and power brakes.

THE ASSOCIATED PRESS

Recall background

Since February, GM has recalled 2.6 million cars over the faulty switch.

- The automaker said new switches should be available starting April 7.

- Owners can ask dealers for a loaner car while waiting for the replacement part. Barra said GM has provided more than 13,000 loaner vehicles.



Maple syrup producers tap tech to keep the liquid gold flowing

Donnie Richards of Meadowbrook Maple Syrup poses next to sap lines and a wireless radio-unit box — containing sensors that monitor sap pressure — attached to a maple tree at his Milton, Vt., sugar bush. The wireless technology is part of Tap Track, a monitoring system designed to help mid- to large-scale syrup producers keep an electronic eye on their sap vacuum lines. The radio unit transmits data to a computer or smartphone, where it shows up as a map with green dots indicating lines with good sap flow and red dots indicating leaks. HOLLY RAMER/THE ASSOCIATED PRESS

Momentum building. Factory sector improves

Many indicators are pointing to a stabilization and even modest improvement in Canada's troubled factory sector after more than a decade of stagnation and decline, a turnaround that, if sustained, could bolster Ontario's economy.

On Tuesday, the Royal Bank reported its manufacturing purchasing manager's index (PMI) rose to 53.3 in March, up from 52.9 per cent in February, and the second gain in as many months.

THE CANADIAN PRESS

Airbnb. Find a place to stay ... plus 14% tax in San Fran

Online home rental service Airbnb has agreed to pay San Francisco's 14 per cent hotel tax, addressing at least one concern of critics who say the company is flouting regulations.

Under the plan, Airbnb would collect taxes directly

from guests as an extra charge on their bill — the same way hotels do, the San Francisco Chronicle reported on Monday. For example, a guest staying in a \$100 US-per-night Airbnb room would pay an extra \$14 a night. THE ASSOCIATED PRESS

Explore new music first



Couples say yes to wedding apps

Just downloaded an iPhone app that organizes invitations and photos, or helps you shop for a diamond ring?

There's a wedding for that.

Smartphone and tablet applications are part of many weddings today, from the initial planning to the honeymoon. The hectic pace of life has encouraged the trend, says Leila Lewis, an industry expert and founder of Inspired By This, a wedding website.

"In this day and age, the digital bride is planning the wedding on the go, which means planning from a phone or tablet," Lewis says. "Brides want to be planning, searching, and experiencing weddings conveniently. They want quick access to an abundance of information, and that's what apps and technology provide."



Appy Couple screenshots

The proliferation of wedding apps can make choosing which ones to use overwhelming. Here are a few worth noting:

Appy Couple

Sharmeen Mitha-Sehgal created this app after the nerve-racking experience of trying to keep track of her sister's wedding itinerary — a wedding in Mumbai, India. Appy Couple aims to provide

all wedding-related services on one platform. It helps manage RSVPs, send email invites and create a schedule of events. Guests can use it to book travel, share photos and submit song requests to DJs.

Wedding Party

One of the apps designed to boost the experience of the day itself by allowing guests to use their phones to share photos, videos and comments.

THE ASSOCIATED PRESS

FOR LIFE'S AWKWARD MOMENTS

April 1, 2014.

Mark this day as a landmark in the evolution of human relations: the publication date of *The Awkward Human Survival Guide*.

Finally, a way to deal with all the April fools in your life. It's brought to you by the people at Lifehacker, the website dedicated to the idea that there's a solution for everything.

Today, for example, Lifehacker features a piece on how to use a metal strainer to purée tomatoes when your blender's on the fritz ... and "How to Tell Someone You Don't Like Them," an excerpt from *The Awkward Human Survival Guide*.

The advice turns out to be quite straightforward: Be honest but kind.

If you don't like someone romantically, the book advises you to say: "I'm not interested in you romantically." The



JUST SAYIN'

Paul Sullivan

metronews.ca

more ambiguous "I don't think we should date" could foster false hope.

It tells the frightening story of a woman who eventually quit her job at the sock warehouse to get away from an amorous coworker who wasn't put off by her obvious lack of enthusiasm.

The honest but kind approach still hurts but "the pain will heal faster if you don't leave any room for interpretation and let them know they need to move on," say the authors.

There are a lot of potentially awkward humans out there, and the Guide provides us with a partial list: Republicans (Conservatives) Democrats (Liberals/NDP), hipsters, gun-rights crusaders, members of PETA, motorcyclists, reality TV stars, other drivers, other airline passengers, shy people, people who aren't shy, and, worst of all, writers. Columnists, for example.

One of my favourite techniques in *The Awkward Human Survival Guide* for dealing with all of the above is not to assume anything because, of course, "assume" makes an a-- out of you and me.

Don't assume the people in the next apartment having loud sex that keeps you up all night know you can hear them, and that if you can, it bothers you, and that if it bothers you, they care.

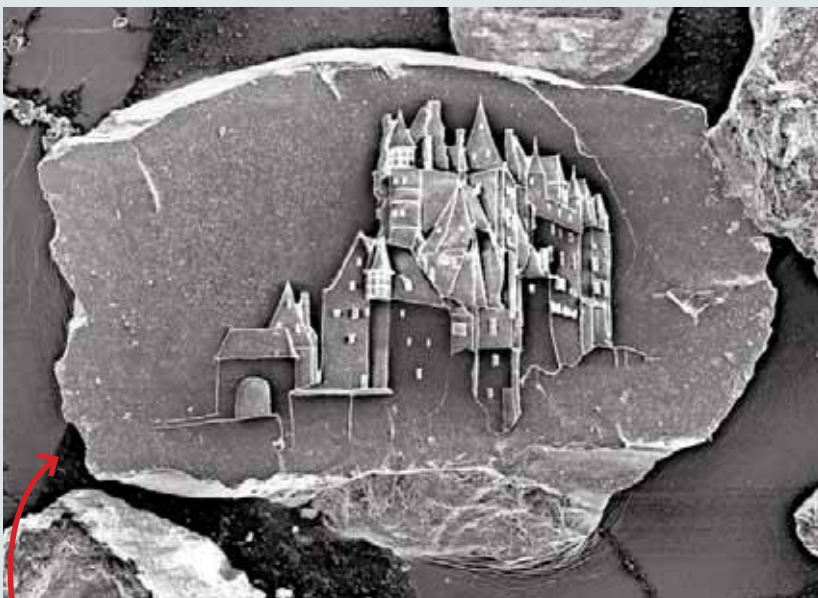
So, to cover all those potential challenges, the authors recommend a basic formula: "You may not be aware, but your behaviour (loud sex, picking your teeth, squeezing my arm) is making me uncomfortable (keeping me awake, creeping me out, causing me to panic). You're entitled to your own personal choices, but perhaps we can come up with a compromise that suits us both (quieter sex, floss in private, give me a little space here)."

This is such a potentially powerful tool that I'm going out right now to try it out on a few Conservative reality TV stars stopped at a nearby red light.

I'll let you know if I make it through the day.

ZOOM

Microscopic abode



COURTESY VIK MUNIZ AND MARCELO COELHO

Castles built on grains of sand

Artist Vik Muniz and designer Marcelo Coelho have teamed up to etch pictures of castles on individual grains of sand — a project four years in the making. The Brazilian duo paired up to use a painstaking technique of using an ion beam to draw images less than half a millimetre in length of European castles. **METRO**

Artist says:

"When someone tells you it's a grain of sand, there's a moment where your reality falls apart and you have to reconstruct it. You have to step back and ask what the image is and what it means."

Vik Muniz

Machine fires ions to etch drawing

Muniz drew the castles using a camera lucida, a 19th-century optical aid for sketching. Coelho then etched the drawings onto a grain using a focused ion beam that's capable of creating a line 50 nanometres wide. An electron microscope then fired electrons to scan the entire grain to make the final picture. **METRO**

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MetroTube

Cats react to cat videos by ... licking themselves



ANDREW FIFIELD
metronews.ca

So it's fairly safe to say that we all agree April Fools' Day is the worst, right? Enter the mighty Fine Brothers of Kids React To Viral Videos fame to use it as a chance to throw up a mirror that reveals our own ugliness. "You say you like cats? You say you love cat videos? Then here is your nirvana. You maniacs."



SCENE 2

Superhero by Cappy accident

Character study.

Captain America nearly made his comic book debut as Super American — and it took decades before he returned to true patriotic form in film



IN
FOCUS
Richard Crouse
scene@metronews.ca

Captain America, played by Chris Evans in this weekend's superhero flick *Captain America: The Winter Soldier*, was almost tagged with a different patriotic name by creator Joe Simon.

In 1940, when he first imagined the character, he dubbed his creation Super American. Then he had a change of heart.

"There were too many 'Supers' around," he said. "Captain America had a good sound to it. There weren't a lot of captains in comics."

The first issue of the new Captain America comic was an instant hit. Released on December 20, 1940, and featuring Cap giving Adolph Hitler a knuckle sandwich, it sold almost one million copies.

Numbers like that should have attracted Hollywood's attention, but Captain America's screen debut was inauspicious. In 1943, Republic Films decided to launch a superhero serial based either on the mysterious masked character The Copperhead or the caped do-gooder Mr. Scarlet. Scripts were prepared, but before cameras rolled, the decision was made to insert Cap-



Chris Evans and Scarlett Johansson in *Captain America: The Winter Soldier*. CONTRIBUTED

tain America into the story without radically altering the screenplays.

As a result, the character bares only a passing resemblance to the comics. In the serials he has a different secret identity and fights evil-doer The Scarab instead of Nazis. His famous invincible shield is missing, as is his sidekick Bucky and there is no mention of the Super-Soldier Serum that transformed him from zero to hero.

Nonetheless, the 15-part serial — which featured exciting titles like *Blade of Wrath* and *Vault of Vengeance* — was very popular, but unfortunately did little to further the career of its star Dick Purcell. Legend has it that the strain of playing the active character was too much for him and he passed away just three weeks after filming was complete.

Despite the success of the serial, it would be half a century until Captain Amer-

ica was featured in another story shot for the big screen. In 1990's *Captain America*, Cappy is played by Matt Salinger, son of author J.D. Salinger, who beat out Dolph Lundgren and Arnold Schwarzenegger for the part.

The movie returned the character to his comic book roots, and was originally set for a 1990 release to coincide with 50th anniversary of the character but was shelved until 1992 — perhaps because

of what Entertainment Weekly called a "shapeless blob of a plot" — when it was released on home video.

Captain America is possibly the most patriotic of all superheroes, but the name also pops up in one of the most famous counter-culture movies of the 1960s. In *Easy Rider*, Peter Fonda's character Wyatt is nicknamed Captain America after his Harley Davidson Captain America chopper.

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Whitford hopes A-listers don't ruin TV

Trophy Wife star.

Actor praises the medium for its quality writing and the big breaks it offers

With A-listers like Matthew McConaughey, Julia Roberts and Halle Berry jumping to TV, actor Bradley Whitford marvels at how the show-biz stigma of the small screen is now a thing of the past.

Whitford is best known for his role as deputy chief of staff Josh Lyman on NBC's critically acclaimed series The West Wing (1999-2006).

"I remember thinking, 'Oh, thank God there's this snobbery about TV,'" the 54-year-old actor said in a recent interview. "I was getting better writing by an exponential amount than Meryl Streep when I was on West Wing. I was so grateful."

"Now unfortunately, all the movie stars, the big flossers, have realized that not only do you get great writing, (but) it's a really satisfying way of storytelling ... It's not about blowing stuff up."

He hopes this trend won't



Bradley Whitford, right, in a recent episode of Trophy Wife. ctv

mean qualified actors will be overlooked for someone with a bigger name.

"If anybody had any idea that Breaking Bad was gonna be a tenth as successful as it was, (creator) Vince (Gilligan) would not have been allowed to write it," Whitford said. "Bryan (Cranston) would not

have been allowed to be in it. None of that beautiful cast would be in it. Same with The Sopranos. We never would've met James Gandolfini if anybody thought it was gonna be successful."

Whitford said that was true to a certain extent with The West Wing.

"Nobody thought it was gonna work. 'You can't have a fake president. It's about politics — that never works!'" he said. "People found it and it grew to be much bigger than we ever thought it would be."

Whitford stars on the comedy Trophy Wife (airing Tuesdays on CTV at 9:30 p.m. ET).

He plays an older husband with a younger wife (Malin Akerman). His character has two ex-wives (Marcia Gay Harden and Michaela Watkins).

Despite the show's title, Akerman's Kate isn't a stereotypical piece of arm candy for Whitford's Pete, any more

Quoted

"On West Wing I was one of the young guys and now (on Trophy Wife) I'm Wilford (expletive) Brimley. It's prostate jokes and stuff!"

Bradley Whitford, actor

than TBS's Cougar Town is about older women paired with younger men.

Ratings for Trophy Wife have been so-so, but Whitford is hoping for a second season. He said he was "looking to do something different, and comedy was definitely something I was looking for."

He also wanted to work with Harden. He has seen her Tony-winning performance in Broadway's God of Carnage four times. "It was bordering on stalking," he said.

"By the way," Whitford added, "on West Wing, I was one of the young guys and now (on Trophy Wife) I'm Wilford (expletive) Brimley. It's prostate jokes and stuff! There was no segue way!"

THE ASSOCIATED PRESS

Looking for Canada's best calzone or a killer lasagna? John Catucci, who has spent years snacking his way across the country as host of You Gotta Eat Here!, dishes on a few of his can't-miss spots. The show's third season premieres April 4 on Food Network Canada.



Casa Calzone, Quebec City

This place has been open for years. It's a compact little spot that's so cosy you're sitting on each other's laps. Order la flambé au cognac calzone. When the cognac mixes with the beautiful vinegar dressing, something magical happens.

5 restaurants across Canada you gotta try

Calabash Bistro, Vancouver

Good vibes, food, and people. Come here for their special roti stack. Chef Cullin makes his roti from scratch, and it's nuts. So buttery, he layers it with sweet plantain, goat cheese, and then he pours something called coconut rundown all over that stack.



The Jane Bond, Waterloo, Ont.

The Jane Bond is a great community hub. Friendly vibe, live music and terrific food. The eggplant parmigiana sandwich is amazing. Deep-fried till golden, bathed in a tomato sauce, smothered in cheese, and served on toasted garlic bread.



Prairie Harvest Café, Saskatoon

Tucked in a residential area, behind a set of garage doors, Chef Michael McKeown does everything local and from scratch. He's famous for his prairie harvest lasagna, which is braised short rib, pork belly and ground beef layered between homemade noodles and cheese. It's insane.

Una, Calgary

I go in here every time I'm in Calgary. Start with meatballs, then order the mushroom pizza. It's a white pizza: just oven-roasted mushrooms, smoked mozzarella and arugula. The crust is a lovely thin crust that's perfectly crispy and chewy.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Men or women? Miranda doesn't Kerr

MELINDA
TAUB
Metro World News

Newly broken up with Orlando Bloom, supermodel Miranda Kerr is ready to meet an eligible gentleman caller — or possibly lady caller. She's attracted to women as well as men, she tells British GQ (via Us).

"I appreciate both men and women," she says. "I love the female body and truly appreciate the female form. I really enjoy sketching women, especially their backs. I definitely need a man in the bedroom, however — a nice strong chest to lie on."

So does that mean she wouldn't date a woman? Not necessarily. "I want to explore," she says. "Never say never."

I'm pretty sure that if Miranda Kerr is asking, absolutely no one, male or female, is saying never. I know what you're thinking: What if sex with Miranda Kerr is simply awful, though? Not



to worry — she welcomes constructive criticism. "I always ask for a critique on my performance. I always want to better myself in every way," she reveals.

A beautiful lingerie model who demands notes on how to better please her partner? Miranda Kerr is making the rest of us look bad. Oh, she also claims that sex tones her stomach. Know what tones my stomach? Nothing.

Rumours of Chris Evans' retirement have been greatly exaggerated

Captain America star Chris Evans would appreciate it if you'd cool it with those reports that he's retiring from acting. A recent interview Evans gave in Variety led to headlines that he'd be giving onscreen work a rest once his current run as the first Avenger was up. "If I'm acting at all, it's going to be under Marvel contract or I'm going to be directing," he said in the initial interview. "I can't see myself pursuing acting strictly outside of what I'm contractually obligated to do." But Evans insists he didn't mean he's giving up acting. "(Suddenly I'm) retiring, hanging up the shoes, I guess," he jokes to Good Morning America during an appearance. "By no means am I planning on retiring." **METRO WORLD NEWS**



Chris Evans



Chris Martin ALL PHOTOS GETTY IMAGES

Chris more popular with neighbours than Gwyneth

If Chris Martin leaves L.A. for London in his split from Gwyneth Paltrow, he'll also be leaving behind the couple's \$10-million US Brentwood mansion — and the aggravated neighbours that go with it, according to Radar Online. "When they moved in, they had 'Do not trespass' signs put up at their school and all over their property. Then they had the big gates put in and four layers of trees," one neighbour says. And it appears that Martin was the more popular one in that neighbourhood: "We used to see Chris walking the dogs. He was a really nice guy. He was the one with the talent. She was just the one writing cookbooks," the neighbour continues. **METRO WORLD NEWS**



L'Wren Scott

Rolling Stones back on the road post-tragedy

The Rolling Stones are resuming a world tour after postponing several dates in the wake of the death of L'Wren Scott, girlfriend of singer Mick Jagger. The band has announced new shows in Europe, starting May 26 in Oslo, Norway.

The band called off a tour of Australia and New Zealand after Scott was found dead. The New York City medical examiner's office ruled her death a suicide. **THE ASSOCIATED PRESS**

Making the most out of a meandering Maui road trip

Conquering the coast.

Verdant views and luxury eats are just a few of the things awaiting you on this epic adventure



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Widely trumpeted as the world's most glamorous vacation destination, the island of Maui offers quality beaches, a variety of jaw-dropping landscapes and a vast range of thrills for adventure travellers and culinary aficionados. A visit to Maui is a once-in-a-lifetime vacation full of details to recount at dinner parties and daydream about during abysmal grey office hours in the middle of winter. For those looking to throw their hair to the wind on an ultimate road trip, Maui offers coastal highways and dreamy zigzags through lush jungle back routes. While digging your feet into the beach at a luxe resort is likely to be a must-do on your itinerary, don't forget to check out the road less travelled.

Luxurious Wailea

Upscale Wailea offers golf courses, glamorous condominiums, haute couture shopping bonanzas and a string of five-star hotels. A short 30-minute drive south of the airport, Maui's most famous razzle-dazzle resort community is the perfect



Why not try a road trip across lush Maui? PHOTOS: ANDREW DOBSON/METRO

spot to start your adventure. Conquer that nasty jet lag from the comfort of a spacious suite at the Fairmont Kea Lani. Snack on locally grown macadamia nuts while watching the sun set over the Pacific from your private balcony.

Farm visits in upcountry

Visit Maui's favourite farmers in the heart of upcountry. Guests to Surfing Goat Dairy have an opportunity to meet and greet herds of excitable goats as well as learn about the cheesemaking process, finishing with a sampling of the dairy's award-winning chevre-and-chocolate truffles. A stone's



Maui boasts some of the most beautiful views in the world.

throw down the road, enjoy cocktails at Ocean Vodka, the island's favourite homegrown spirit. Fans of France will adore the Ali'i Kula Lavender Farm

which offers guests an opportunity to purchase a variety of sweet-smelling beauty products and epicurean treats. Be sure to soak in the sun on their café



Hana's natural wonders

The routinely romanticized Road To Hana offers motorists a dreamy out-of-this-world highway adventure to one of the most tranquil locales in all of Hawaii. Be sure to explore Haleakala National Park for its towering 400-ft. Waimoku Falls and Wai'anapanapa State Park where fine black sand and moody caves offer swim fans a unique spot to soak in the sun. Before hopping back on the road, treat yourself at the Travaasa Spa, an award-winning resort that Oprah and her entourage are said to fancy.

patio with a hot cup of lavender tea and enjoy a picture-perfect view.

Feast at Lele

In the heart of Lahaina, a few steps from the calm lap of the ocean, throngs of tourists gather by the beach as the sun sets across the Pacific. They're eager with anticipation for the Feast at Lele, an inspired cross between a lu'au and an al fresco fine dining restaurant that, for once, lavishes as much care on the food as its entertainment. Sexy male waiters dressed in floral sarongs serve tropical cocktails, as well as an epic feast showcasing the culinary traditions of the Polynesian Islands.

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Bucket List



The Galapagos Islands

Vision Travel has announced a cruise of the Galapagos Islands this coming November, escorted by Canadian artist and environmentalist Robert Bateman. Home to many unique species of birds and animals, these islands off the coast of Ecuador have been the focus of Bateman's work for decades. This exclusive trip aboard the 295-foot National Geographic Endeavour, operated by Lindblad Expeditions, is only open to 96 guests. The itinerary includes snorkeling with penguins and sea lions, kayaking, walking with wildlife unperturbed by your presence and nightly lectures from Bateman and a team of wildlife specialists. Prices start at \$6,500. Visit vision2000travel.com. **DOUG WALLACE/METRO**

Get thee to the Continent in 2014.

Here are a few things to check out on the other side of the pond



ON THE MOVE
Loren Christie
lif@metronews.ca

Europe will be showcasing a variety of cultural and historical events in 2014.

Capitals of Culture

Umeå, Sweden and Riga, Latvia have been named the 2014 European Capitals of Culture. With that designation comes a year of art exhibits, musical events and cultural festivities in each city. Relatively unknown, Umeå is located 600 kilometres north of Stockholm and will focus a large part of its program on the indigenous Sami people. Slightly better known, Riga offers visitors a lively restaurant and café scene and cobblestone streets lined with medi-



Riga, Latvia, is one of the cities that has been named a 2014 European Capital of Culture. ISTOCK

eval timber-frame houses. With more than 800 art nouveau structures around the city, Riga will be highlighting its unique architectural offerings alongside its arts program.

Welcome home!

Scotland is ready to party and is showcasing everything Scottish by throwing a Homecoming celebration, with numerous events and festivals planned throughout 2014. A highlight will

be the XX Commonwealth Games in Glasgow from July 23 to August 3 with the finest athletes from Commonwealth countries heading to compete in 17 sports. In addition to cheering on our Canadian athletes, spectators will have the chance to see Olympic champion sprinter Usain Bolt go for gold. If you want to explore Scotland's famous highlands, hike the recently opened John Muir Trail, stretching some 160

kilometres from Dunbar to the waterfront town of Helensburgh.

The beginning of the Great War

Commemorative events, including a national church service, are being held across Britain to mark the centenary of the outbreak of the First World War. New exhibits are set to debut, notably London's Imperial War Museum's First World War Galleries. Opening in June,

the galleries are part of a radical renovation of the museum. The goal is to better tell the story of the 16 million people whose lives were claimed by the conflict.

The beginning of the end

Elsewhere in Europe, they're marking the beginning of the end of the Second World War with events commemorating the 70th anniversary of the D-Day invasion in Normandy. The new Liberation Route of Europe will reconnect the main regions through which Allied forces moved from the United Kingdom to Berlin at the end of the War. In the Netherlands, for example, the Liberation Route will focus on 85 historical locations in three regions that played an important role in the final stages of the conflict. Each location, marked by a large boulder, will tell the story of the civilians and soldiers who lived and fought there in 1944-45. As you walk, bike or drive the route you can download the accompanying audio stories for free as MP3s from liberationroute.com.



Wuxi, China

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Deciding what you want to be doing, where you want to be doing it, and pinpointing exactly what it's going to take to get there, requires considerable inspiration, reflection and research.

But let's face it, unless you have the budget to hire a career or life coach, it's up to you to create your career and set yourself up for the opportunities you most



want. Here are three DIY opportunities that allow you to take the initiative and

open doors for yourself.

Get insider industry intelligence

The challenge:

Line up an informational interview with a VIP in your field, to be conducted by phone or in-person (the latter preferred).

Getting the inside scoop on what it takes to succeed in the field can help you decide if it's a good fit.

"The more knowledge you have, the better decisions you can make about your career," advises university career services professional Katharine Brooks, plus "you'll be better prepared for the real job interview."

The prerequisites:

You're persistent, well-prepped with smart questions and have above-average communication skills — including active listening. Remember, busy people may be more inclined to meet if you have a mutual acquaintance.

Expand your referral network

The challenge:

Once weekly, line up a lunch date with someone in your extended professional network — including your loose ties online.

People get jobs because of who they know. Networking doesn't end once you have made a connection; it's an active and ongoing process.

The prerequisites:

You're into reciprocity, are genuinely interested in other people, have already memorized a soft-sell version of your elevator pitch and because eating with someone in a professional context can be tricky, you have above-average dining etiquette — including negotiating multiple forks.

Develop your skills portfolio

The challenge:

Add another line to your re-

sumé by mastering a unique and in-demand job skill.

The ability to wear many hats and deliver results beyond your job title and description sets you apart and positions you on the promotion fast track.

"Your job title should never act as a limit to what you want to achieve," advises Dharmesh Shah, founder at HubSpot.

The prerequisites:

You are curious, self-motivated and disciplined when you need to be and you genuinely enjoy learning — including via free or paid online courses, post-grad certificate programs, YouTube videos, webinars or workshops.

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Cognitive concepts turned on their head

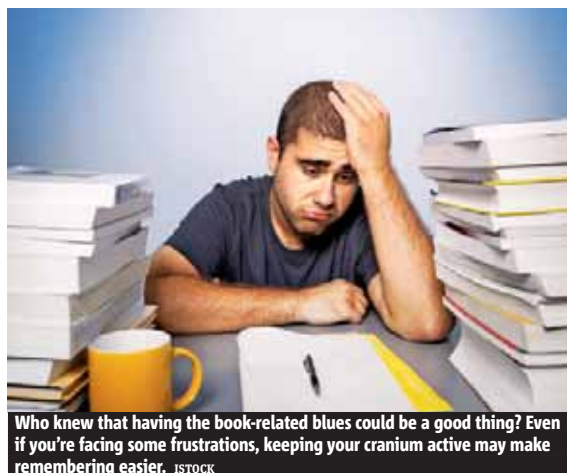
Research in remembering. Think you can cram and kill that test every time? Think again. But this time think really hard.

**JANE
BORDEN**
Metro World News

Do you figure that repetition and reading for long hours are the key to learning? Not according to a new book based on the research of two Washington University professors.

"Empirical research into how we learn and remember shows that much of what we take for gospel about how to learn turns out to be largely wasted effort," reads one of the opening passages of *Make It Stick: The Science of Successful Learning*.

The work is the result of 10 years of research into the application of cognitive psychology to education practices by Henry Roediger and Mark McDaniel, both in the Department of Psychology at Washington Uni-



versity in St. Louis, MO.

They then enlisted the help of novelist (and Roediger's brother-in-law) Peter Brown to turn their findings into a book for a mass audience.

"When I heard what he, McDaniel and their colleagues were finding, it seemed like big news: Most of us are going about learning the wrong way! This was something everybody needed to hear," he said.

For example, rereading texts won't really help you

learn, and neither will repeatedly practicing tasks. We asked Brown why.

What is it about overcoming difficulty that makes learning stronger?

The best way to make learning stick is to focus less on getting knowledge into the brain and more on getting it out. You learn best by trying to retrieve an answer from memory, and this holds true even before we have been taught what the an-

swer is.

How does that work?

When the brain encounters new information, the representation of that information is pliable — the brain works at making sense of the new material by filling in gaps and connecting it to what you already know.

So the brain folds information into what is already stored?

And every time you have to work hard to retrieve learning, it becomes pliable again, and as the brain reconsolidates it, the most important aspects become more prominent and the paths to the knowledge are strengthened. But the key to this is effort. It's arduous retrieval practice that strengthens learning.

And when you mix up your practice, and the retrieval is more difficult because you're constantly switching between different topics, and it doesn't feel like you're mastering any of them, you are in fact building more complex neural connections and a more versatile ability to recall and apply the learning later.

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Restaurant classic comes to your table

Beef Fajitas. Beef and vegetables are cooked together in this recipe for an easy supper



DINNER EXPRESS
Emily Richards
food@metronews.ca

Sometimes when I look in the pantry, all I see are flour tortillas. Then I wonder what I should whip up with them.

Well, most often classic recipes come to mind and they're enjoyed by everyone. These Beef Fajitas are one of those traditional recipes.

Because the veggies and meat are cooked together, you can serve the dish right from the skillet for that sizzle effect. These fajitas have some real spice to them!

However, don't be afraid to use tortillas in other ways like as a pizza base with simple toppings to enjoy with a

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Cooking tips

- **Chicken/turkey option:** You can use boneless skinless chicken or turkey breast instead of the beef.
- **Serving option:** You can serve the meat filling over rice instead of filling the tortillas.

salad or to use up leftovers from another night's meal.

You can also bake some up and use them to dip into your favourite dips.

Healthy options are easy to enjoy when you have ingredients on hand, and even with something as simple as flour tortillas, you can create easy meals for dinner or lunch.

Ingredients

- 1 tsp (5 ml) canola oil
- 1 strip loin grilling steak (about 8 oz/250 g), thinly sliced
- 2 tsp (10 ml) Worcestershire sauce
- Pinch cayenne
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 1 each red and green bell peppers, sliced
- 2 tsp (10 ml) chili powder
- 1/2 tsp (2 ml) each ground cumin and dried thyme leaves
- 1/4 tsp (1 ml) pepper
- 1/4 cup (60 ml) pasta sauce
- 4 small whole wheat tortillas
- 1/4 cup (60 ml) light sour cream (optional)



This recipe makes two or three servings. EMILY RICHARDS

1. In large non-stick skillet, heat oil over medium-high heat. Cook steak, Worcestershire sauce and cayenne for 5 minutes or until browned. Remove to plate.

2. Return the skillet to medium heat and cook onion, garlic, green and red peppers, chili powder, cumin, thyme and pepper for 8 minutes or until ten-

der crisp. Add pasta sauce and cook for 5 minutes. Return beef to pan and cook until heated through.

3. Place the meat-vegetable

mixture in centre of a tortilla and dollop with some of the sour cream, if using. Roll up and then repeat with the remaining ingredients.



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Potatoes, cabbage and smoked fish mingle

Add even a bit of smoked fish and suddenly a dish becomes the essence of comfort food and guests think you're a culinary genius.

Here, it is combined with Napa cabbage, which is relatively light with a delicate texture. Meanwhile, potatoes are easy and cheap to grow, high in minerals and vitamins, and delicious no matter how they're cooked. In this recipe, the potatoes absorb the smokiness of the fish and also provide bulk.

The leeks, meanwhile, add a distinct and subtle flavour all their own.

1. In a large saucepan over medium-low heat, melt the butter. Add the leek and cook, stirring, until very soft but not colored, about 10 minutes.

2. Add flour and cook, stirring, for 2 minutes. Increase heat to high, add the broth in a stream, whisking, and bring to a boil.

3. Add the potatoes, milk and thyme, then bring the mixture to a simmer. Cover partially and simmer, stirring occasionally, until the potatoes are just tender, 10 to 15 minutes.

4. Stir in the cabbage and simmer until tender, about 3 minutes. Add the fish and lemon juice and cook just until the fish is heated through. Season with salt and pepper. Ladle into bowls and garnish with scallions and a sprinkle of paprika. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 2 tbsp unsalted butter
- 1 large leek, white and green parts, medium chopped
- 3 tbsp all-purpose flour
- 3 cups low-sodium chicken broth
- 1 lb Yukon gold potatoes, peeled and cut into 1/2-inch dice
- 2 cups 1% milk
- 1/2 tsp dried thyme
- 4 cups shredded Napa cabbage

- 1/2 lb smoked fish fillets (trout, whitefish, haddock or mackerel), skin discarded, fish coarsely chopped
- 1 tbsp lemon juice
- Kosher salt and ground black pepper
- Thinly sliced scallions, to garnish
- Smoked paprika, to garnish



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

I do so like green potatoes

These crispy roasted potatoes are crunchy on the outside and soft and silky inside.

The sauce is a simple uncooked sauce made from fresh green herbs, spices, garlic, shallots, lemon juice and olive oil.

The hot roasted potatoes absorb all the flavours of the fresh herbs and the

touch of lemon juice balances the starch, making for a light and refreshing potato side dish similar to a hot potato salad. And, they look great on the plate!

1. Heat the oven to 350 F.

2. Place the small red potatoes in a large bowl. Drizzle them with olive oil and

toss to coat. Sprinkle with salt and toss again to coat evenly.

3. Set a wire rack over a rimmed baking sheet and place the prepared potatoes on the rack. Cook for about 50 minutes, or until the potato skins are lightly puffed and insides are tender. You do not need to turn the po-

tatoes during cooking.

4. Meanwhile, prepare sauce. In a blender or food processor, combine parsley, basil, garlic, salt, black pepper, red pepper flakes, shallot, olive oil and lemon juice and pulse until chopped well, but not liquefied.

5. As soon as potatoes are

Ingredients

- 24 small red potatoes, halved
- 2 tbsp olive oil
- 1 tsp kosher salt
- 1 tsp kosher salt
- For the sauce**
- 4 cups lightly packed chopped curly parsley (1 to 2 bunches)
- 2 cups fresh basil
- 3 to 5 cloves garlic, minced
- 1 tsp kosher salt
- 1/2 tsp ground black pepper
- 1/2 tsp red pepper flakes
- 2 minced shallot or onion
- 3/4 cup olive oil
- 1/4 cup lemon juice

done, transfer to large serving bowl. Drizzle sauce, about 1/4 cup at a time, over potatoes and toss well to coat. You may have sauce

left over.

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Canadian golfers, we're doing all right



David Hearn takes a shot during Round 3 of the Waste Management Phoenix Open last month. SAM GREENWOOD/GETTY IMAGES

Pinseeker. David Hearn one of this country's new faces of golf



PHILIP CROUCHER
philip.croucher@metronews.ca

David Hearn thinks Canadian golf is doing pretty darn good these days.

He should know.

The 34-year-old from Brampton, Ont., has developed into one of this country's top stars on the PGA tour, joining the likes of Graham DeLaet and veteran Mike Weir.

And just below them appears to be an ever-increasing list of stars in the making, including Adam Hadwin, who is ranked No. 4 on the Web.com Tour money list, and Brad Fritsch, a top-10 finisher on the PGA Tour this season.

"Canadian golf is in a great spot. We have four or five guys on the PGA tour, and almost eight or 10 guys on the next level," Hearn said.

"Ten years ago it felt like it was Mike and a few other guys ... now we are looking for others to step up and perform."

Hearn was speaking to the media Tuesday to help promote this summer's GOLFFest event at the new Ashburn Golf Club.

The club in Windsor Junction is hosting Canada's first-ever Web.com Tour event called the Nova Scotia Open, which will feature 156 golfers competing over 72 holes of stroke play from July 3 to 6.

The tournament is part of

the week-long GOLFFest that will also see the Canada Cup on June 30. The Canada Cup will include Hearn, Weir and DeLaet against Team World players Matt Kuchar, Gary Woodland and Trevor Immelman in a match-play format event.

Hearn hasn't been to the East Coast since he was a youngster on a family vacation. He said he's looking forward to the event and getting a chance to play for his country.

"This is something we don't get a chance to do very often," Hearn said of the friendly exhibition. "It's going to be fun, it's going to be exciting. But I also think there's going to be some pride involved."

Hearn, who has never won the PGA tour, is having a strong start to his season with two top-10 finishes and over \$522,000 in earnings.

He said he's playing better following what he called a tough opening stretch in the West Coast swing.

"I feel like I'm in a good spot right now," he said. "Getting back in the Florida swing and seeing some nice results ... it felt great. It reaffirms I'm doing the right thing."

Canada Cup

RBC has been announced as the title sponsor for the Canada Cup.

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Wick'd tough

The secret's out.
Wickenheiser reveals she played with a broken foot at Sochi Games

It's a secret Hayley Wickenheiser could no longer hide.

The Canadian women's hockey star helped Canada win gold at the Sochi Olympics despite playing with a broken foot.

The 35-year-old native of Shaunavon, Sask., was sporting a walking boot on her left foot at the Hockey Hall of Fame on Tuesday, where she was a guest speaker at the second annual Gatorade High Performance Hockey Summit.

"I've had a broken foot for about a year now so I'm trying to fix it," Wickenheiser said. "I'm wearing this boot so I can avoid having that surgery, hopefully."

"I knew it was broken at the time (of Olympics), we just found out it was a little more serious break than we thought. It was just managing the pain."

Wickenheiser did a masterful job of hiding the injury. There was never a hint or mention of it prior to the Sochi



Hilary Knight of the United States and Hayley Wickenheiser of Canada dive for the puck during the women's gold-medal game at the Sochi 2014 Winter Olympics at Bolshoy Ice Dome in February. BRUCE BENNETT/GETTY IMAGES

Games or even after Canada's dramatic come-from-behind 3-2 overtime victory over the U.S. in the gold medal game.

But in an Olympic year, Wickenheiser didn't have the luxury of time to rest her foot, so she worked around it. With the national team's season over, she's had her foot in the boot for the last two weeks,

with six more to go.

"After the Olympics ... it's kind of perfect timing to rest the foot and just be able to get healthy again," she said. "I spent a lot of time on the bike versus running and did some work around trying to stabilize the foot."

"My medical team was really good with treatments to keep the swelling down. I just did a lot of things on one leg and tried to minimize the pounding on my foot in order to be able to get through the games. Now I've had the chance to see where the damage is and with a couple of months' rest, I should

be fine. I wasn't able to rest it before."

This isn't the first time Wickenheiser has endured pain. She played in the 2006 Olympics with a broken wrist but was still the tournament's top scorer and MVP.

In 2008, Sports Illustrated included Wickenheiser on its list of the 25 toughest athletes.

Ironically, skating wasn't painful for Wickenheiser because of the support the skate boot provided her injured foot.

"It wasn't too bad," she said. "But the running and training we had to adjust."

THE CANADIAN PRESS

Quoted

"I just did a lot of things on one leg and tried to minimize the pounding on my foot."

Hayley Wickenheiser
Team Canada women's hockey gold medalist



Crosby no longer stuck on 99, but Pens have problems vs. Hurricanes

Penguins Lee Stempniak, from left, Sidney Crosby and Chris Kunitz celebrate Kunitz's first-period goal against the Carolina Hurricanes on Tuesday night in Pittsburgh. The Penguins lost 4-1, but Cole Harbour's Crosby assisted on the lone goal to push his season point total to 100. KEITH SRAKOCIC/THE ASSOCIATED PRESS

Wednesday's Metro AR poll

HAROLD CUNNINGHAM/GETTY IMAGES



Metro AR poll results

50% Metro News readers voted the New York Islanders' 15-year, \$67.5-million contract to Rick DiPietro the worst from our list of bad contracts. Here's how the rest of the underperformers fared :

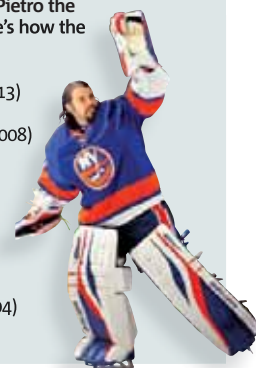
19% Dion Phaneuf (7 years, \$49M, 2013)

13% Gilbert Arenas (6 years, \$111M, 2008)

6% Miguel Cabrera (10 years, \$292M, 2014)

6% Ricky Romero (5 years, \$30.1M, 2010)

6% Michael Vick (10 years, \$137M, 2004)



Golf. Woods puts Masters on back burner after back surgery

Tiger Woods chose surgery to heal his ailing back over a quest for another green jacket, announcing Tuesday that he will miss the Masters for the first time in his career.

Woods said on his website that he had surgery Monday in Utah for a pinched nerve that had been hurting him for several months, knowing the surgery would keep him from Augusta National next week for the first time since he was a senior in high school.

The No. 1 player in the world is a four-time Masters champion.

"After attempting to get ready for the Masters, and failing to make the necessary progress, I decided in consultation with my doctors to have this procedure done," Woods



Tiger Woods has been playing through back pains ever since last summer. CHRIS TROTMAN/GETTY IMAGES

said. "I'd like to express my disappointment to the Augusta National membership, staff, volunteers and patrons that I will not be at the Masters."

"It's a week that's very spe-

cial to me," he said. "It also looks like I'll be forced to miss several upcoming tournaments to focus on my rehabilitation and getting healthy."

The Masters gets the highest television ratings of any golf tournament, and Woods commands most of the attention, even though he last won a green jacket in 2005. He won his first Masters in 1997 when he set 20 records, from youngest Masters champion at 21 to his 12-shot margin of victory.

"I know Tiger has been working very hard to return to form, and as I have said many times, Tiger has a lot of years of good golf ahead of him," Jack Nicklaus said. "I hate to see him robbed of some of that time by injury."

THE ASSOCIATED PRESS

2015 Hyundai Genesis

- **Type.** Four-door, all-wheel drive full-size sedan
- **Engines (hp).** 3.8-litre DOHC V6 (311); 5.0-litre DOHC V8 (420)
- **Transmissions.** Eight-speed automatic
- **Base price (incl. destination).** \$44,800

All-wheel drive

The powertrains are positioned inside a more rigid platform necessitated by the addition of all-wheel drive — the first for any Hyundai passenger car. The system, comes standard on both V6 and V8 models and distributes the torque 40:60 front-to-rear in normal driving conditions, but can send up to 90 per cent to the front, or 100 per cent to the back wheels if slippage is detected.



Fuel option

Hyundai states that both engines can use either premium or regular fuel without problem, although if the latter is used, some unspecified power reductions will occur.

Safety systems

Safety systems for the Genesis include automatic emergency braking, blind spot and cross-traffic alerts, lane-departure warning and parking assists. There's also a carbon dioxide sensor control system that pumps in fresh air automatically whenever carbon dioxide levels increase, helping to prevent drowsy driving.

Hyundai's new beginning



PHOTOS: WHEELBASEMEDIA.COM

Review. Competitors? As a second effort, the 2015 Hyundai Genesis marches to its own beat

MALCOLM GUNN
wheelbasemedia.com

In the beginning, Hyundai was focused on building small, inexpensive cars for the masses. Now the Korea-based automaker's offerings span nearly every niche, from entry-level basic to imposing luxu-cruisers.

Since the 2009 model year, the Genesis sedan has taken up residence at the premium end of the market (directly below the Equus) and the new-

for-2015 edition arriving this spring maintains that spot.

The previous Genesis appeared as a compilation of several full-size luxury marques, including the Lexus LS, BMW 5- and 7-series and Mercedes-Benz E- and S-Class sedans. This time, however, Hyundai appears confident enough in its own in-house styling prowess that the Genesis is taking its own path, although some resemblance to the Audi A7 is evident.

Most unique is the trapezoidal grille that, when combined with fancy LED (Light Emitting Diode) headlight pods and running lights, give the Genesis a character all its own. The sweeping roofline ends at a truncated decklid flanked by an equally impressive set of LED



The simple interior shows restraint when it comes to shapes and buttons, the latter of which are mostly contained within the touch screen. Note the winged Genesis badge on the steering wheel.

taillights.

Although Hyundai retained the Genesis's overall length to within a few centimetres of the previous

design, it did extend the distance between the front and rear wheels by 7.5 centimetres, resulting in increased space for all passengers.

Compare



1 Chrysler 300 AWD
Base price: \$40,800
Solid, powerful, full-size sedan with optional AWD and 470-horsepower V8



2 Lexus ES
Base price: \$40,250
Popular FWD V6 luxury sedan is also available as a gas-electric hybrid



3 Cadillac CTS AWD
Base price: \$55,300
New-for-2014 model can be had with AWD and in 420-hp turbo-V-Sport trim

Those riders will experience a cabin that's much simpler than before. Hyundai has shown admirable restraint in keeping the knob, button and switch count to a minimum (many controls are now accessed through the touch-screen display), even though the steering wheel has picked up some of the slack.

Carrying over for 2015 with minor modification are the Genesis's two powerplants. The starting-point 3.8-litre V6 is rated at 311 horsepower and 293 pound-feet of torque (previously 333/291). The optional 5.0-litre V8 rustles up 420 horsepower and 383 pound-feet of torque, down nine horses but up from 376 pound-feet.

Volvo could lead wave of cars from China

Geely. China's auto industry lacks presence in North America, but an analyst predicts we'll start seeing its cars in five years



AUTO PILOT
Mike Goetz
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Back in 2006, Geely became the first Chinese automaker to hold an exhibit at the Detroit auto show. It created so much buzz it made it hard to walk properly at the show. You had to wade through it.

Seemed like it would be only a matter of months before all North Americans would be driving Chinese-made vehicles, to match all the Chinese-made clothes, shoes and sunglasses we were already wearing.

But then the buzz died. And the Chinese makers never showed up.

Currently there is only



Volvo's first factory in China produces the S60 sedan for domestic Chinese consumption, but executives suggest it could also be exported to North America in the near future. COURTESY VOLVO CARS OF CANADA

one Chinese-made vehicle available for sale in the Canadian market — the Honda Fit. Honda used to get them from Japan, but production constraints there, as well

as a too-high Japanese yen, made the Chinese factory a better option. And it's just a temporary thing, too, as Honda gets its Mexican plant ready to build the next-gen-

eration North American Fit.

In retrospect, the Chinese industry was clearly not ready to enter mature markets like North America and Europe, even though their

domestic industry was going gangbusters. They had difficulty meeting the emission and safety standards in developed countries, and their cars were far from esthetic and/or technical knockouts.

Lack of dealer or retail infrastructure is another hurdle, one that requires deep pockets. While many Chinese automakers are not small, they are not large either by global standards. The smaller, private ones don't seem to have the coin to commit, and the state companies don't seem to have the nerve or the will.

Another factor that put the lid on exporting was the relative performance of emerging markets compared to mature markets. For example, vehicle sales in Europe are stagnating, while markets like South America, Southeast Asia, Russia and China itself are rising beautifully.

But we should still expect them to show up in North America at some point. One analyst predicted the best Chinese automakers would be here in about five years,

while the others will take 10 years or more.

BYD, which boasts Warren Buffett as one of its investors, announced it would like to have cars in the U.S. two years from now, but it has a history of missing targets.

Actually, Volvo looks poised to play a major role in the first foray of Chinese-made vehicles into Western markets. Volvo is in a unique position to use China as a manufacturing and export base, because it is owned by the Chinese automaker, Geely.

Volvo's first factory in China produces the S60 sedan for domestic Chinese consumption, but Volvo executives suggested it could also be exported to the United States in the near future. Volvo and Geely are also collaborating on a new compact modular architecture that they both will use in their respective new vehicles. Analysts predict that the Volvo co-engineered Geely could be the first Geely exported to Europe and North America.

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New HVAC system.

Compact CUV boasts innovative and efficient heating, ventilation and air conditioning mechanism

JILL MCINTOSH
Drive@metronews.ca

While the battery in an electric car provides the power for driving, that's not all it does. It also runs such things as the lights, stereo and climate control, all of which cut down on the car's driving range.

The heater presents the greatest challenge. In a gasoline-powered car, heat from the engine is used to warm the cabin. Since the electric motors in battery-powered cars don't get hot enough for this, automakers add electric heaters, which draw a lot of power.

Kia, which is introducing a new electric version of its Soul compact CUV, has developed an innovative heating, ventilation and air conditioning (HVAC) system to reduce energy usage.

"The main reason for the new HVAC system is to reduce the load on the battery," says S.J. Kim, Soul product manager for Kia Motors. "We have placed particular focus on maximizing heating efficiency."

Like a conventional car, the Soul EV's HVAC system uses a compressor, evaporator, and condenser, but it also includes a new, highly efficient heat pump. The pump uses waste heat from the car's electrical components to enhance the heating system and save electricity. Even in extremely cold

Take note

- While gasoline cars don't need heat pumps, Kia may eventually add the air induction control and individual ventilation to other models.

- Like other electric cars, the Soul EV's cabin can be preheated or cooled when it's plugged in before driving, increasing its range.

- In gasoline cars, hot antifreeze from the engine runs through a heater core, which is used to warm the interior.

temperatures, it can increase heating efficiency by as much as 30 per cent.

"Heating consumes more energy than cooling in electric vehicles," Kim says. "This is why we have applied the heat pump system to the Soul EV. Although the heat-pump system is a known technology and can be found in household heaters-coolers, it is challenging to apply this system to electric vehicles because of factors such as external temperature change while a vehicle is in motion."

To further save power, Kia uses a "smart" air induction control. Cars need fresh air in the cabin to keep the occupants comfortable, but it must be heated or cooled. The new system recycles as much interior air as possible, since it's already at the right temperature, and adds only enough outside air to keep the cabin fresh.

The car also features an all-new ventilation system, the first on any production vehicle, that can be set to the driver's side alone. If a driver is alone in the car, he or she can push a button that completely shuts off the dashboard and floor vents on the passenger side. Since the system no longer has to heat or cool the whole car, it uses less battery power, which adds to the car's driving range.

Quoted

"The main reason for the new HVAC system is to reduce the load on the battery."

S.J. Kim, Soul product manager for Kia Motors

Bentley Continental GT V8. This sleek luxury ride offers 40 per cent better fuel economy without making any compromises

MALCOLM GUNN
wheelbasemedia.com

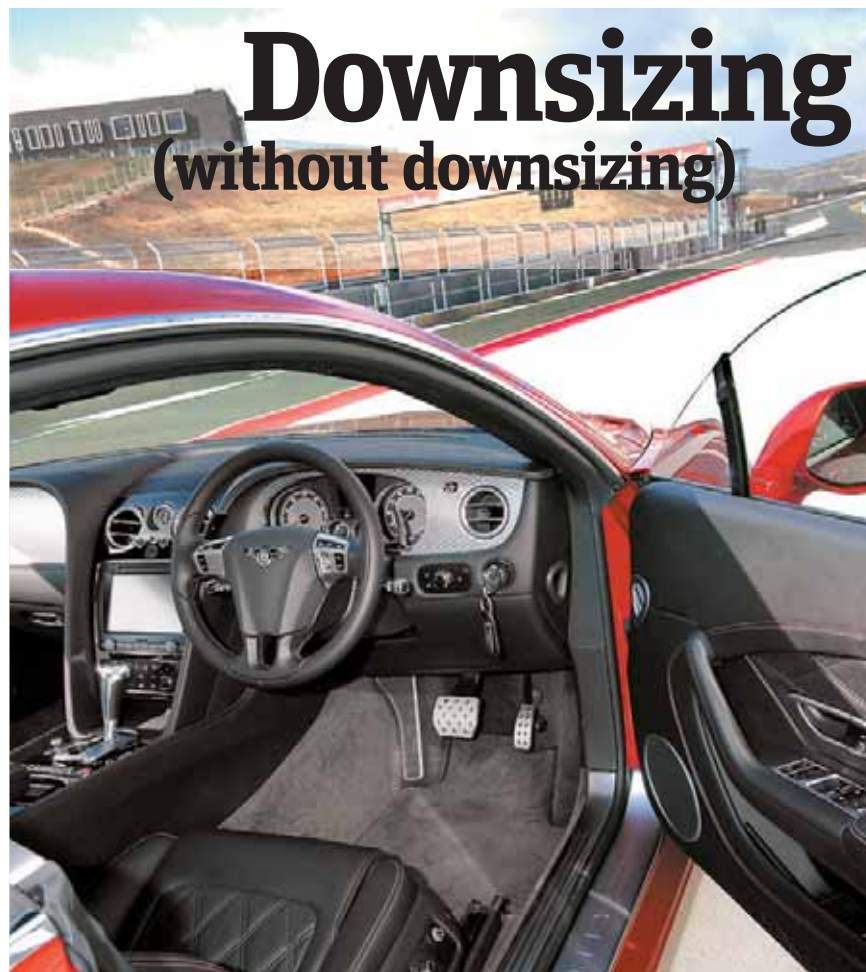
Ford is introducing a turbo-charged 1.0-litre three-cylinder engine in its lineup. Mini is also putting in a three-cylinder for 2014.

Bentley? This luxury brand can't expect a 1.0-litre engine to move a big high-performance machine with any authority at all. But that doesn't mean that fuel consumption is not top of mind.

A socially responsible luxury car nudging \$215,000 might seem like a contradiction. Maybe even an impossibility. You might even laugh at the notion.

But apparently rich people also want to feel a bit better about the dent they're putting in Mother Nature's front bumper. At least that's Bentley's spin on the two-door Continental GT V8 that drops four pistons from the program and picks up 40 per cent fuel economy while giving up very little, if anything, when it comes to performance and luxury.

That might be what a Bentley customers consider a "green" solution, but the bottom line is that it's still a 500-horsepower twin-turbo-charged 2,300-kilogram coupe with all-wheel drive. And on this afternoon at Circuito de



Downsizing (without downsizing)

Navarra in northern Spain, fuel economy and social responsibility are the furthest thing from everyone's mind.

The V8 engine gives away 67 horsepower but just 29 pound-feet of torque to the 12-cylinder model while the absence

of four cylinders provides a weight savings of 25 kilograms over the front wheels and 50 kilograms overall. More importantly, the Continental's weight bias has shifted to a more balanced 51/49 front/rear ratio compared to the 54/46 for the

12-cylinder car.

On the track and the nearby two-lane highways, the V8 feels lighter on its feet, which makes the car more composed and responsive when cornering. The big coupe really does go where it's pointed with minimal ob-



The Continental GT's brake rotors are the biggest on almost any passenger car.



The 4.0-litre V8 is down just five per cent on peak torque when compared to the 12-cylinder model.

than its stable mate, not that it really matters to the vast majority of buyers who will seldom travel at even half that speed.

The raspy-sounding 4.0-litre V8 was jointly produced with VW's Audi division, where its derivatives are installed in the S7 and S8 sedans. However, Bentley took its own path in developing the engine's innards, including the addition of cylinder deactivation that shuts down half the pistons under light or no-load conditions to reduce fuel consumption. Another fuel-saving measure is the eight-speed automatic transmission (two more cogs than the 12 cylinder) that comes with manual shift controls plus its own separate coolant circulation system.

If you're into spirited driving, or a track day, make certain you select the virtually fade-proof carbon ceramic brake pad option for the massive 16-inch front rotors and 13-inch rears.

Socially responsible? That depends on which end of the buying spectrum you're coming from.

Tooling around the Spanish countryside in both models gives one pause as to how the car might be received in a land where one-quarter of its workforce is unemployed. However those concerns were dispelled while rumbling through one village where an elderly gent raised his cap at the passing parade of opulence and with a broad smile bowed in salute.

It might not be a Prius, a Volt or a Leaf, but the Continental GT V8 is a car that delivers driving passion, luxury and prestige to a select group of buyers who can also feel a bit better about their choice.

Service Directory

To advertise contact Tricia Brommit at 444-8329

April 2

FLEA MARKETS

HARBOURVIEW WEEKEND MARKET

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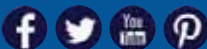
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Horoscopes

Aries

March 21 - April 20

You have a talent for surprising people and with the Sun linked to Uranus, planet of the unexpected, in your sign today you will go out of your way to shock. Just be careful you don't upset those on whom your security depends.

Taurus

April 21 - May 21

What others tell you may seem reasonable but if something does not ring true, be cautious. Most likely you're wrong to be suspicious but today's cosmic set-up warns it's a bad idea to take chances.

Gemini

May 22 - June 21

Just because you do not get along with someone on a personal level does not mean you cannot work with them. Put your feelings to one side and make an all-out effort to get a joint project finished.

Cancer

June 22 - July 23

If you need to make a decision concerning your career, wait until the end of the week. The planets warn if you make it today, you could end up moving in the wrong direction.

Leo

July 24 - Aug. 23

Someone will make a big deal of something that to you is of no significance. There's no point trying to reason because reason is an alien concept to them right now.

Virgo

Aug. 24 - Sept. 23

Try not to be so free with your cash today. Spending may not be a problem for you now but it will be later when there is something you want to buy and you cannot afford it.

Libra

Sept. 24 - Oct. 23

You may be tempted to ignore information that does not fit in with your worldview but that would be a mistake. Swallow your pride and act on what you are told. It may be embarrassing now but will save you trouble later on.

Scorpio

Oct. 24 - Nov. 22

You may be having second thoughts about something you recently agreed to but it's too late to change things. Even if you were able to do so it would cost you too much in terms of time, money and damaged reputation.

Sagittarius

Nov. 23 - Dec. 21

If you think you are being cheated, speak up. It may be that you have got the wrong end of the stick and there is nothing amiss, but until you know that for sure you cannot afford to take chances.

Capricorn

Dec. 22 - Jan. 20

If you let even one doubt enter your mind, it will grow alarmingly quickly and before you know it you will think the world is coming to an end.

Aquarius

Jan. 21 - Feb. 19

Consider all options before deciding what you're going to do next. Better still, do nothing. Loved ones may be annoyed you are dragging your feet but what can they do about it?

Pisces

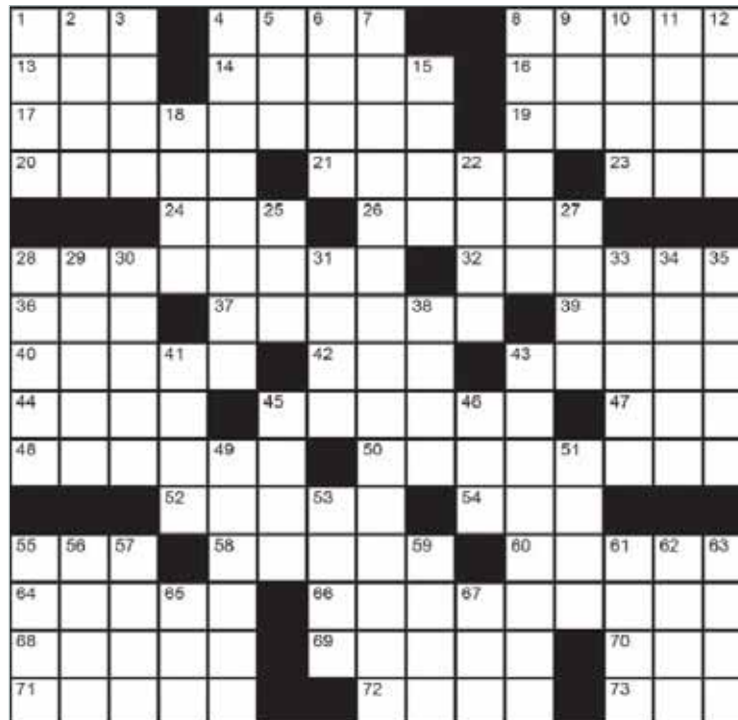
Feb. 20 - March 20

If you made a promise, keep it. If you try to wriggle out of it now you will damage your reputation, to the extent that certain people won't trust you so easily again. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Actor Stephen
4. ___a-brac
8. Manitoba's highest elevation, ___ Mountain
13. ___ Dara (Jazz musician father of rap star Nas)
14. Ms. Remini's
16. Daisy type
17. Quebec village since 1600, located at the St. Lawrence/Saguenay rivers
19. Freshen
20. Cream cheese flavour, ___ & Onion
21. Card deck's Jack
23. Classified ___
24. Suppositions
26. Stairway sound
28. It's protected in a National Park
32. Arm injury aids
36. Antacid brand
37. Skillful
39. Actress Ms. Petty
40. Lawyer's expertise
42. Newt variety
43. Additional
44. Bike part
45. Botch: 2 wds.
47. Freezer stuff
48. Humid
50. BC village; or, 'Lanes' to shop at in downtown Toronto
52. 1950s fashion, now
54. Mr. Gershwin
55. Camel hair garment
58. Broadway offer-



Down

60. Stage, as of a cycling event, in France
64. ___ Bay (Canadian body of water)
66. Licence plate motto: '___ British Columbia'
68. Unaccompanied
69. Accounting firm,

& Young

70. Early hrs.
71. Early ___ (Morning person)
72. Video game maker
73. Charlotte ___

"In the Valley of ___"

- (2007)
3. Posh car
4. Iris which is Quebec's provincial flower: 2 wds.
5. Home, briefly
6. "May ___ a question?"
7. Typical weather

forecast in April: 3 wds.

8. ___ Shield (Biggest ecozone in Canada)
9. Big Joe Mufferaw's prop
10. Ms. Dunham
11. Tinted
12. Longbow woods
15. Incision mark

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

18. Roman love poet
22. Suit piece
25. Comedian Mr. Caesar
27. Tartan garb
28. Easts opposites
29. People of the Arctic
30. Longest river of France
31. Available
33. Pitcher's accomplishment, ___ game
34. ___Roman (Wrestling)
35. Sea nymph
38. "___ blessing!"
41. Virtually
43. Gilbert & Sullivan output
45. Legendary story
46. Submachine gun type
49. Canadian folk musician, Don ___ (b.1909 - d.1973)
51. Sixth/seventh notes, variably
53. Boxer's pre-bout garb
55. Slightly open
56. Island of Indonesia
57. Old Testament: Book of ___
59. Reasoned
61. From way out
62. Athletic footwear brand
63. Besides that
65. Hydrocarbon suffix
67. 18th President ...his monogram

Yesterday's Crossword

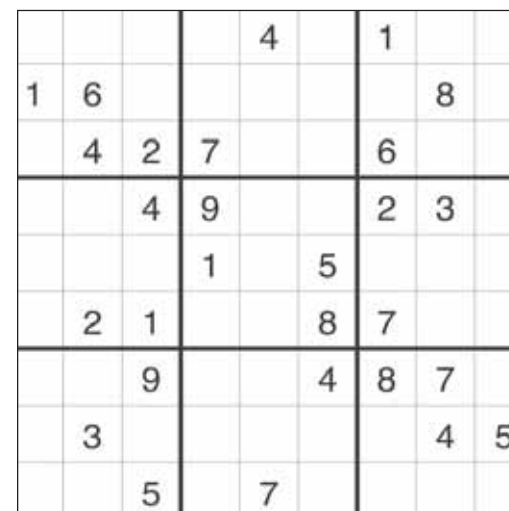


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

3°/-2°
Flurries
40%

Thursday

3°/-2°
Variable

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3 LEFT **\$109*** BW

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\$0 DOWN

SAVE **\$3,659**

5 LEFT **\$86*** BW



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\$0 DOWN

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SAVE **\$5,104**

3 LEFT **\$91*** BW

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